

SWEET AND SOUR CHICKEN



Ingredients... Serves 2

- 1 onion
- 1 clove garlic
- ½ cm root ginger (or ½ tsp ground ginger)
- 1 red pepper/ 1 green pepper (wash and de-seed)
- 1 chicken breast
- 1 tbsp oil
- 1 x 200g diced pineapple
- 1 tbsp ketchup
- ½ tbsp vinegar
- ½ tbsp sugar
- 125g rice to serve

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

A vegetarian version of this can be made using chick peas instead of meat or just lots of extra vegetables



Sweet and Sour Chicken



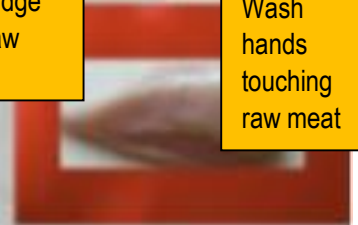
Chop onion finely



Dice or slice 1cm ginger, grate clove garlic



Chop the pepper

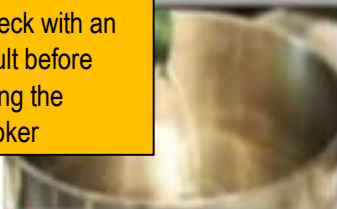


Using a red board, chop the chicken

Use bridge and claw grip

Wash hands touching raw meat

Check with an adult before using the cooker



Add tsp oil to pan on medium heat



Soften the onion, ginger and garlic



Add chicken, cook until sealed



Add the peppers



Drain pineapple juice and add to 200ml water, add to pan



Add 4 tbsp ketchup, 2 tbsp vinegar and 2 tbsp sugar and pineapple



Simmer for 10-15 mins or until sauce thickens



Boil 500ml water,