

Chinese New Year Sweet and Sour Chicken

Ingredients

2 tbsp. vegetable oil
 1 medium onion
 2 medium chicken breast -or Quorn fillets
 1 red pepper
 1 small can pineapple in juice
 1 tablespoon soy sauce
 1 tablespoon sugar
 2 tbsp. tomato puree
 1 tbsp vinegar
 1 tbsp. cornflour



Aim Higher

Try adjusting the flavour by adding
 1 tbsp sweet chilli sauce or
 1 tsp Chinese 5 spice powder

Equipment

All equipment is provided by school

**** Remember to bring a container from home to put it in ****

Method

1. Finely chop the onion and fry with the oil until soft.
2. Chop or slice the chicken and pepper.
3. Add the chicken to the pan and cook until the outside is sealed.
4. Add the pepper and sauté gently for 3-4 minutes.
5. Drain the pineapple juice into a jug and make up to 250ml with water. Add the soy sauce, sugar, tomato puree, vinegar and



Chilli sauce or 5 spice powder and blend until smooth.

(Do not add the cornflour)

6. Add the sauce to the pan with the pineapple pieces and simmer gently until the vegetables are soft and the meat is thoroughly cooked- season with salt and pepper if needed.
7. Then put cornflour into a small bowl, and add a little cold water to make a smooth paste- then slowly add to sauce, until thickness correct- it may not need all of it.
8. Place into container to take home and put in the fridge.