



Sweet and Sour Chicken

Preparation time: 10 minutes
Cooking time: 15 minutes
Total time: 25 minutes
Serves: 12

Ingredients

- 2 teaspoon oil
- 4 skinless chicken breast fillets, cut into chunks
- 2 small onion, roughly chopped
- 2 garlic clove, crushed
- 2 red pepper, seeded and cut into strips
- 2 small tin pineapples pieces in juice, drained
- 10 tablespoons tomato ketchup
- 2 tablespoon any type of vinegar
- 4 tablespoons sugar

Method

1. Pan fry the chicken in the oil till cooked, about 5 to 6 minutes. Set aside.
2. Wipe out pan with some kitchen towel and fry the onions, garlic and red pepper on a medium heat for 1 minute, then turn down the heat.
3. Stir in the pineapple, tomato ketchup, vinegar and sugar, and bring to the boil while stirring continuously. If the sauce is too thick add some of the pineapple juice.