



Sweet and Sour Chicken

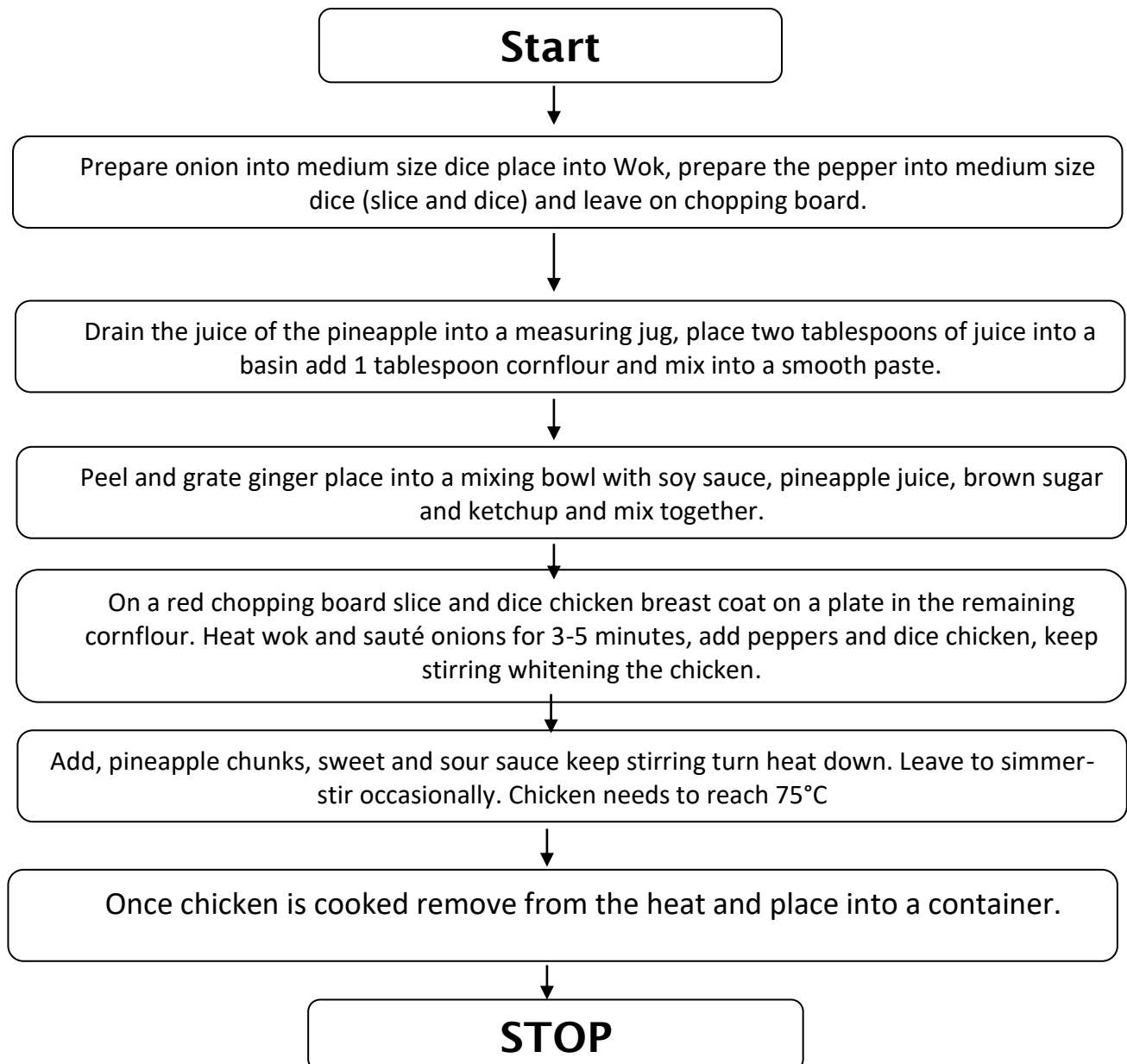
Ingredients

2 chicken breasts
1 tin (425g) pineapple chunks
1 onion (small/medium
1 red pepper
1 green pepper
4 spring onions
25g fresh ginger
2 tbsp light brown sugar
3 tbsp tomato ketchup
1 tbsp soy sauce
2 tbsp cornflour.
Drop of oil

Equipment

Wok
Savoury spoon
Red and Brown chopping board
Non-slip mat
Tablespoon
Grater if you have fresh ginger
Measuring jug
Mixing bowl
Basin
Plate

Method



To reheat at home: Reheat thoroughly in a saucepan/wok