

HI GOOD LOOKING

It's time to get cooking



Sweet & Sour Chicken

INGREDIENTS

- 400 grams chicken, cut into strips
- 2 tablespoon vegetable oil
- 1 zucchini, cut in small pieces
- 1 carrot, peeled and cut thinly
- 8 cherry tomatoes, quartered
- 200 grams Fresh or canned pineapple
- 100 g. Broccoli, cut into small piece
- ½ red capsicum, cut into strips
- ½ green capsicum, cut into strips
- ½ white onion, peeled and cut into quarters
- 1 thumb sized piece of fresh ginger, peeled and minced
- 4 cloves of garlic, peeled and minced
- 1 red chilli, sliced

Sweet & sour sauce

- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- 2 tablespoons white vinegar
- 2 tablespoons tomato sauce
- 1 freshly squeezed lemon
- 2 tablespoons brown sugar
- 150 ml. chicken stock (or just plain water)
- 2 tablespoons cornflour (mixed with 3 tablespoons cold water in a small bowl)

Garnish- 1 spring onion, sliced thinly/ deep fried vermicelli/ Fried shallot

METHOD

Chicken and Vegetables

1. In a wok, heat the vegetable oil, add chicken and cook until golden, remove from pan.
2. Add the rest of the garlic and ginger, cook for a minute, then add all the vegetables and cook until just tender. Add the Sweet and Sour Sauce.

Sauce

3. In a separate pan add a little bit of oil, add ½ the garlic, ½ the ginger & onion to the hot oil.
4. Cook till soft but not too brown.
5. Pour tomato sauce, fish sauce, soy sauce, brown sugar, vinegar and black pepper, adjust the taste and let it boil.
6. Mix corn flour with water and pour into hot sauce (just half at first) then check and adjust the thickness. Let it boil and turn the heat off. Take off heat.
7. Add a little bit more oil to pan and add the rest of the corn flour and water mixture.

