

Sweet and Sour Chicken

Ingredients (serves 2)

- 2 Chicken Breasts
- 200g Pineapple Chunks, drained
- 1 Brown Onion
- ½ Red Pepper
- ½ Green Pepper
- ½ tsp Salt
- ¼ tsp Bicarbonate of Soda
- ½ jar Yau's Sweet and Sour Sauce
- 2 tbsp Vegetable Oil



Preparation

1. Mix 1 tbsp oil, bicarbonate of soda and salt together to form a paste.
2. Cut chicken into bite-sized cubes.
3. Marinate the chicken in the paste and leave for 30 mins.
4. Roughly chop peppers and onion into cubes.

Cooking

1. Heat a deep pan or wok on a medium to high heat and add 1 tbsp oil.
2. Brown chicken and cook until firm.
3. Add vegetables and stir-fry for a further 3-4 minutes.
4. Stir in Yau's Sweet and Sour Sauce and bring back up to temperature (1-2 mins).