

**Sweet and Sour Chicken**

**Ingredients (Per Pair)**



200g chicken thigh fillet

1 Tbs beaten egg

Pinch of salt

1 tsp cornflour

2 Tbs tomato sauce

2 Tbs white vinegar

2 Tbs pineapple juice

1 tsp light soy sauce

2 Tbs brown sugar

¼ red capsicum, chopped

¼ green capsicum, chopped

¼ onion, chopped

½ carrot, sliced thin

2 slices pineapple rings, cut to 4-6 pieces

½ tsp crushed ginger

1 Tbs oil

**Method**

1. Cut chicken thigh fillet in chunks.
2. Marinate chicken: In a bowl, stir and coat the chicken with the beaten egg, salt and cornflour. Set aside.
3. Make sweet and sour sauce: Whisk together the pineapple juice, vinegar, tomato sauce, light soy sauce, and brown sugar with a fork.
4. Heat frying pan over medium high heat. Add oil and fry onion and chicken until brown and cooked through.
5. Turn the heat to medium and add ginger, carrot, capsicums and pineapple pieces. Fry for another minute.
6. Add sweet and sour sauce and cook until thickens.
7. Taste the sauce and add more brown sugar if you’d like.
8. Serve hot with steamed rice.

**Learning Intention**

**To know how sweet and sour ingredients can be adapted to change the flavour or a dish.**

1. Why is it important to use the blue chopping board for raw chicken?
2. What ingredients make the sweet and what creates the sour components?
3. What was something you could improve today? How would you do that?