



# Sweet and Sour Pork or Chicken

## ***INGREDIENTS***

- 250g raw pork or chicken - cut ready into bite sized cubes
- 1 tin pineapple chunks in natural juice, not syrup please!
- 1 red onion - chopped into bite sized chunks
- 1 green pepper - chopped into bite sized chunks
- 1 garlic clove - peeled and crushed
- 3 tablespoons oil
- 3 tablespoons of sugar
- 2 tablespoons white vinegar
- 2 tablespoons ketchup
- 1½ teaspoons corn flour

## **METHOD**

1. Heat the wok and add the oil. Fry the meat in a frying pan or wok (in the oil) until it is cooked throughout - check by taking out the largest chunk and cut it in half. PINK MEANS RAW!
2. Remove meat onto a plate and put to one side.
3. Fry the garlic until fragrant, add peppers, onions and pineapple (save the juice though) for a further two minutes.
4. Mix up the sugar, vinegar, pineapple juice and ketchup with a pinch of salt in a jug. Add to the wok or pan and cook on a high heat for one minute.
5. When the sauce starts to boil, add the cornflour (mixed with a tablespoon of water).
6. Stir in the meat and serve on a bed of rice.