

Sweet and Sour Chicken

Chris Butler, 2006

Ingredients:

- 1 onion, chopped
- 1 clove of garlic, peeled, crushed (as required)
- 1/3 can sliced pineapples
- Snow peas, bean shoots, diced red and green peppers
- Diced, skinless chicken breast
- Ginger root
- Olive oil
- Soy sauce
- V&H sweet and sour sauce
- Ground pepper

Dice the chicken and marinate in a mix of soy sauce, a little water, ginger root and crushed garlic in a fridge overnight.

Fry the chicken in a wok until done. Add soy sauce if necessary. Remove chicken from wok and keep warm.

Add a little olive oil to the wok and stir fry the vegetables and pineapple slices. When done, move the vegetables to the side of the wok and add chicken. Add V&H sauce and warm.

Serve with boiled rice. Tastes great!