

Sweet and Sour Stir-fry Recipe

Ingredients

150g	chicken breast
1	onion
1/2	Red pepper
1/2	Green pepper
50g	mushrooms
50g	bean sprouts
50g	rice or noodles



Basic sauce - 2 tsp cornflour with 8 tsp cold water (Add orange, lemon or tinned pineapple)

Sweet and Sour Sauce - 2 tsp cornflour, 4 tsp tomato ketchup, 4tsp soy sauce, 4 tsp sugar, 4 tsp white wine vinegar, 8 tsp water or pineapple juice

Method

- 1 Chop all the meat and vegetables into thin , even strips.
- 2 Fry the onion.
- 3 Add the meat and cook through.
- 4 Cook noodles or rice.
- 5 Add the other vegetables and cook for 5 minutes.
- 6 Stir in the sauce until it thickens.
- 7 Drain the noodles or rice and stir in well.