

# Sweet and Sour Chicken

[joleisa.com](http://joleisa.com)

1



Chop the onion into big chunks

2



Dice or slice 1cm ginger, crush one clove of garlic

3



Roughly chop half a pepper (any colour)

4



Using a sharp knife, chop the chicken

5



Add 1 tbsp. oil to pan on medium heat

6



Sauté the onion, ginger and garlic

7



Add chicken, cook until sealed

8



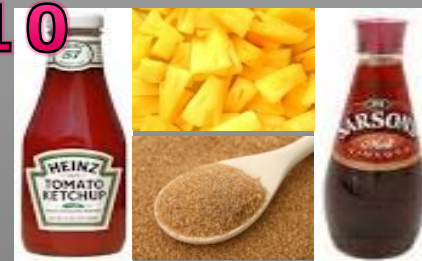
Add the peppers

9



Drain pineapple juice mix in 1 tsp. corn starch and another 200ml water, to the pan

10



Add 4 tbsp. ketchup, 2 tbsp. vinegar, 2 tbsp. sugar and pineapple pieces

11



Simmer for 10-15 minutes or until sauce thickens



Your finished Sweet and Sour Chicken