

Learning Intentions - to appreciate foods from other countries.

- to avoid cross-contamination.

Sweet and Sour Chicken

Ingredients

50g rice - **sieve**

100g diced chicken - **stew pan**

1/8 green pepper - **plate**

1/8 red pepper - **plate**

$\frac{1}{4}$ onion - **plate**

1 spring onion - **plate**

5ml cornflour & 15ml pineapple juice - **cup and stir**

75ml tomato juice - **small bowl**

10ml sweet chilli sauce - **small bowl**

5ml vinegar - **small bowl**

25g pineapple - **small bowl**

10ml oil - **stew pan**

Equipment

small bowl

sieve

fork

chef knife

pot stand

chopping board

small pan

small jug

stew pan

wooden spatula

cup

Method

1. Half fill small pan and put onto boil. Put rice into sieve.
2. Collect other ingredients as above. When water boiling add rice for 10-12 minutes.
3. Wash peppers, slice and dice. Slice onions.
4. Heat oil in stew pan, add chicken and fry until all changed colour. Add onions and peppers. Fry 2 minutes. Wash chopping board and knife.
5. Add ingredients from small bowl and cup stirring all the time. Bring to the boil and simmer until sauce reduced.
6. When rice cooked drain and cool. Serve. Serve sauce in centre. Complete washing up.