

# Sweet & Sour Chicken

600g	Diced Chicken
1	Onion cut into large pieces
2	Peppers cut into large pieces
100ml	White wine vinegar
100g	Demerara sugar
300ml	Pineapple juice
120g	Tomato puree
1/2	Small pineapple cut into cubes
1 tblspn	Sunflower oil
	Salt & pepper
1/4 tspn	Cayenne pepper

Heat up oil in a large pan, add the onions and cook without colour to soften, add the peppers and cook for 5 minutes, remove from pan and fry off the chicken in hot oil for 4 - 5 minutes.

Add the onions & peppers back to the pan then add the vinegar and reduce by half and then add the tomato puree and sugar

Bring to the boil and pour in the pineapple juice and simmer for 30 - 40 minutes reducing the sauce slightly to thicken it add the cayenne and check seasoning.

