

A HUG FROM MUM

SWEET AND SOUR CHICKEN

SERVES 2

225g OF LEFTOVER CHICKEN (OR LEFTOVER BEEF OR PORK CUBED)
1 ONION SLICED
1 CLOVE OF GARLIC CRUSHED
1 GREEN PEPPER CHOPPED
1 TBSP CORN FLOUR
2 TBSP SOY SAUCE
2 TBSP BROWN SUGAR
1 TBSP VINEGAR
1 TBSP VEGETABLE OIL
225ML OF WATER

METHOD

1. HEAT THE OIL IN A FRYING PAN AND ADD ONIONS AND GARLIC.
2. COOK FOR 3 OR 4 MINUTES, UNTIL TENDER. ADD THE CHICKEN AND COOK FOR 3-4 MINUTES TO WARM THROUGH.
3. MIX THE CORN FLOUR AND WATER TOGETHER IN A MIXING.
4. POUR INTO THE FRYING PAN AND STIR WELL.
5. ADD THE PEPPERS, SOY SAUCE, BROWN SUGAR AND VINEGAR.
6. BRING TO THE BOIL THEN REDUCE THE HEAT AND SIMMER GENTLY FOR 20 MINUTES.

SERVE OVER A BED OF HOT COOKED RICE