

Sweet and Sour chicken

Ingredients

3 tbsp Ketchup	2 different colored peppers
1 tbsp vinegar	2 garlic cloves
1 tsp sugar	Piece of ginger
2 tbsp. Soy sauce	1 piece of chicken
$\frac{1}{2}$ onion	1 heaped tbsp. of plain flour
$\frac{1}{2}$ egg	

Method

1. Cook and sieve rice when ready
2. Mix ketchup, vinegar, sugar and soy sauce together in a measuring jug.
(This will be the sauce)
3. Chop onion, peppers, garlic and ginger.
4. Whisk the egg in a small bowl.
5. Cut the chicken into cubes and mix well in the egg
6. In a plate add the flour, salt and pepper mix well.
7. Coat the chicken in flour.
8. Fry chicken and cook until its starts browning.
9. Add the onion, garlic, ginger and peppers. Fry for 5 minutes.
10. Season with Salt and Pepper.
11. Add the sauce and mix well, gently.
12. Simmer for 2 more minutes.
13. Serve with rice.