

# Sweet and Sour Chicken



## INGREDIENTS:

220g Kingfisher Sliced Water Chestnuts, drained  
2 tablespoons vegetable oil  
4 skinless, boneless chicken breasts, cut into cubes  
1 small red pepper, de-seeded and cut into 2.5cm/1 inch pieces  
1 small green pepper, de-seeded and cut into 2.5cm/1 inch pieces  
Fresh ginger, peeled and finely chopped  
6 garlic cloves, chopped  
1 bunch spring onions, cut into 2.5cm/1in pieces  
Ground white pepper  
½ red pepper, chopped (to serve)

## FOR THE SAUCE:

220g 1 tablespoon soft brown sugar  
2 tablespoon rice vinegar  
3 tablespoon rice wine or dry sherry  
2 tablespoon dark soy sauce  
175ml chicken stock  
2 tablespoons tomato purée  
2 tablespoons cornflour mixed with 2 tablespoons water  
2 tablespoons water

## DIRECTIONS:

1. Heat the oil in a wok or large frying pan. Add the chicken, peppers, ginger and garlic and fry for 2-3 minutes.
2. Add the Kingfisher Sliced Water Chestnuts and spring onions and fry for about 30 seconds.
3. Add all the sauce ingredients and bring to the boil. Reduce the heat and simmer for about 6 minutes to ensure the chicken is piping hot throughout. Season with white pepper, serve hot.
4. Serve with cooked rice or noodles and sprinkle slices of fresh red pepper on top (optional).