

Sweet and Sour Chicken

Serves 4

This



Ingredients:

- 2 Chicken breasts
- 1/4 tsp. salt
- 1/8 tsp. ground pepper
- 2 Tbsp. vegetable oil
- 1 green bell pepper
- 1 red bell pepper
- 12 oz. can of pineapple chunks
- 3 Tbsp. light brown sugar
- 3 Tbsp. rice wine vinegar
- 1/2 tsp. chicken bouillon concentrate
- 4 tsp. corn starch

Equipment

- Wok

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☑	Directions	Time (min)
	Cut chicken into bit-size pieces	4
	Toss with 1/4 tsp. salt and 1/8 tsp. ground pepper	1
	Cut 1 green pepper and 2 red pepper into bite-size pieces (1/2 cup each)	3
	Drain 1 can pineapple juice. Reserve the juice.	2
	Combine 1/2 tsp. chicken bullion with 1/4 cup warm water	1
	Combine pineapple juice, 3 Tbsp. brown sugar, 3 Tbsp. vinegar, and chicken stock	2
	In a small bowl, combine 4 tsp. corn starch with 4 tsp. cool water.	1
	Heat 2 Tbsp. oil over medium high heat	2
	Brown chicken and then remove to a plate lined with paper towel	5
	Add red and green peppers to the skillet. Sauté	1
	Add the pineapple juice and chicken stock. Stir and bring to a simmer	3
	Simmer to reduce and thicken sauce	3
	Stir in cornstarch mixture and bring to a boil to thicken.	2
	Add chicken to heat. Serve over rice.	5
	Total	35