**Take it Away**

**Sweet & Sour Chicken**

**Ingredients**

**1 tsp ginger grated**

**1 tbsp sunflower oil**

**1 large onion, roughly chopped**

**1 red pepper, deseeded and chopped into one and a half cm**

**pieces**

**2 chicken breasts, skinned and chopped into 2 cm cubes**

**Sauce**

**50g fresh or tinned pineapple**

**1 tbsp rice wine vinegar**

**1 tsp brown sugar**

**4 tbsp ketchup**

**One and a half tbsp soy sauce**

**200 ml water**

**1 level tbsp corn flour**

**Got everything you need?**

**Then let’s get cooking!**

**1. First heat oil in a saucepan. Add the onion and sauté for**

**5 minutes.**

**2. Add the pepper and ginger and sauté for another 5 minutes**

**over a medium heat.**

**3. Add the chicken and lightly brown with the other**

**vegetables.**

**4. Mix the corn flour with the vinegar in a bowl until smooth.**

**5. Add the remaining sauce ingredients and stir until blended.**

**6. Add the sauce to the pan. Stir over the heat until thickened.**

**7. Season and simmer for 10 minutes until the chicken is cooked**

**through. Finally stir in the pineapple.**

**Take it Away**

**Chinese fried rice**

**Ingredients**

**200g rice**

**1 tbsp sunflower oil**

**2 eggs**

**2 tbsp soy sauce plus 1 tsp for the egg**

**2 shallots, thinly sliced**

**1 fat clove garlic, crushed**

**1 tbsp soft dark brown sugar**

**50g baby corn, cut into small disks**

**Quarter red pepper, diced**

**100g frozen peas**

**Got everything you need?**

**Then let’s get cooking!**

**1. Cook the rice according to the packet instructions.**

**2. Drain, rinse with cold water and leave to drain. Allow to**

**cool.**

**3. Heat 1 tbsp oil in a frying pan. (diameter approx 28cm)**

**4. Beat the eggs with 1 tsp soy sauce and 1 tbsp water.**

**5. Cook the eggs in the pan and swirl to make a thin omelette.**

**6. Cook until just set, then flip over and cook for a few seconds**

**on the other side.**

**7. Roll up in the pan like a Swiss roll, then remove to a board**

**and cut into thin slices.**

**8. Heat the remaining 1 tbsp oil and stir fry the shallots for 2 to**

**3 minutes until starting to brown.**

**9. Stir in the garlic and cook for one minute, then stir in the**

**sugar and cook for 1 to 2 minutes, stirring until the sugar has**

**melted.**

**10. Add the pepper and corn and cook for 3 to 4 minutes until**

**the corn is starting to soften.**

**11. Add the cooled rice and peas and stir-fry for 3 to 4**

**minutes until the rice is hot and peas are cooked.**

**12. Stir in soy sauce and omelette pieces and serve with extra**

**soy sauce if liked.**