

Crispy Pineapple Chicken

For crispy pineapple to feed 6 you will need:

4 tablespoons vegetable oil
6 boneless chicken breasts
12 spring onions
2 cloves garlic
5cm piece root ginger
4 tablespoons cornflour
4 tablespoons barbecue sauce
4 tablespoons soy sauce
6 tablespoons dry sherry
180ml vegetable stock
6 tablespoons white wine vinegar
2 432g cans of pineapple pieces in juice
Salt and Pepper
2 Sharp knives
2 Chopping boards
1 Garlic press
1 Peeler
1 Large measuring jug
1 Small measuring jug
1 Large frying pan
1 whisk
1 Fish slice
1 Long wooden spoon
1 Large dixie



1. Slice the chicken pieces.
2. Trim and chop the spring onions. Peel and crush the garlic. Peel and finely chop the ginger.
3. Heat the oil in the frying pan and fry the chicken for 5 minutes, turning occasionally until it is browned. Remove from the pan and place in the dixie.
4. Add the spring onions, garlic and ginger to the frying pan and cook for 1 minute, then transfer all the contents of the frying pan to the dixie.
5. Put the cornflour in the small jug with 4 tablespoons cold water, barbecue sauce, soy sauce, sherry, stock and vinegar. Use the whisk to combine until smooth.
6. Stir the cornflour mixture into the dixie. Add the pineapple and can juices. Bring to the boil, stirring until thick and clear.
7. Serve with freshly cooked noodles.