

4th Newbury (St Johns) Scouts



INGREDIENTS (Serves Patrol of 6)

3 Skinless Chicken Breasts (Cut into approx .5inch pieces)

2 Tablespoons of vegetable oil

70g (about ½ cup) of red Pepper. Diced

181 (1 Cup) Canned Pineapple drained

3 Tablespoons Brown sugar

3 Tablespoons Rice Wine vinegar

4 Teaspoons cornstarch

4 Teaspoons water

90g (1/2 cup) chopped Onion

Pinch of Salt and Pepper

DIRECTIONS

1) Season the chicken with the Salt and Pepper

2) In large Skillet (or Wok) heat the oil and add the seasoned Chicken. Cook until brown then remove to side plate.

3) Cook Red Peppers and Pineapple chunks in pan with Vinegar & Sugar (you can add a little of the drained Pineapple juice if sticking). Simmer until reduces.

4) Mix the Corn starch and Water in separate bowl until it's a slurry.

5) Add the Slurry mix to the Skillet (with the peppers and Pineapple) bring to simmer so it thickens.

6) Stir in the Chicken pieces and cook for about 5 to 7 minutes then stir in the onions and cook for another 5 minutes.

Serve over Rice