**Sweet and Sour Chicken with Rice**

**Ingredients**

1 boneless, skinless chicken breast

1 garlic clove, minced

1 carrot, peeled and sliced in thin diagonal slices

1 stalk celery, sliced thinly on the diagonal

1 onion, sliced in thin wedges

½ green pepper, cut in thin strips

60ml pineapple chunks

30ml oil

Sauce:

30ml brown sugar

15ml cornstarch

30ml vinegar

125ml pineapple juice

30ml soy sauce

1ml ground ginger

**Method:**

1. Make 250ml of rice as per instructions from last class.
2. Cut chicken in thin uniform strips across the grain. Set aside and put cutting board in sink.
3. **Mix sauce ingredients** in large liquid measure and set aside.
4. **Prepare all vegetables** ready to stir fry. Slice according to ingredients list.
5. Heat wok and add 30ml oil. On medium-high heat add chicken and garlic. Stir constantly to separate pieces. Cook until chicken until no longer pink. Remove chicken from pan and place on clean plate.
6. If needed, add 15ml more oil to pan. Add onions, carrots and celery. Stiry fry for 3 mintues.
7. Add green pepper and stir fry for 1 minute.
8. Return chicken to pan and pour in sauce. Cook, stirring until sauce boils and thickens. Add pineapple and cook for 1 more minute.
9. Serve over white rice.

**How to Cook Jasmine Rice**

Serves 4/5 – Make 1 per group

|  |
| --- |
| **Jasmine Rice**  250ml rice  375ml water  1ml salt |

1. Measure all three ingredients into a medium pot that has a tight fitting lid.
2. Put lid on pot and turn heat to high.
3. When water boils, lift the lid and give the rice a quick stir with a fork.
4. Replace the lid. Lower heat to the lowest setting on the stove.
5. Set timer for 15 minutes. DO NOT PEEK DURING THIS TIME!
6. After 15 minutes, you should see ‘fish eyes’ on the surface of the rice and the kernels should have absorbed all the water.
7. Lightly, with a fork, lift the rice a few times to fluff it up.

