

Sweet and Sour Chicken

Serves four

FOR THE SAUCE:

- ¼ cup pineapple juice from the can of pineapple chunks
- ¼ cup rice or distilled vinegar
- 3 TBS sugar
- 2 TBS soy sauce
- 2 TBS ketchup
- 1 TBS cornstarch

Whisk all the ingredients and set aside.

FOR THE CHICKEN:

- 4 boneless, skinless chicken thighs – cut into chunks
- 2 TBS vegetable or peanut oil
- 2 scallions – chopped (reserve the dark green parts for garnish)
- 4 garlic cloves – minced
- a 1 inch piece of ginger – peeled and minced
- ½ a large red onion – chopped (large dice)
- 1 small red bell pepper – chopped (large dice)
- 1 – 20 oz. (567 grams) can of pineapple chunks

Generously season the chicken with salt and pepper and toss to make sure it is all coated.

Heat 1 TBS of oil in a wok or deep skillet until it starts to smoke a bit.

Add the chicken to the wok and cook for 2 to 3 minutes, stirring often. Remove the chicken once it is no longer pink and set it aside.

Add the remaining oil into the wok and heat well. Add the scallion, ginger and garlic. Stir. Add the onion, bell pepper and pineapple chunks and cook for 2 to 3 minutes, stirring constantly.

Add the prepared liquid and mix well. Stir until the sauce thickens and dries up a bit. Turn off the heat and add the reserved scallion greens. Mix and serve. You can serve this with steamed rice if you like. Enjoy!