

## Sweet and Sour Chicken



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### ***You Will Need:***

- 400 grams of pineapple rings in juice
- 1 carrot, peeled and sliced
- 1 red pepper sliced
- 1 onion, thinly sliced
- 1 clove of garlic, crushed
- 2 cm of fresh ginger root (grated)
- 2 Tbsp of dark brown sugar
- 1 Tbsp of tomato purée
- 50ml of vinegar
- 1 Tbsp of dark soy sauce
- 200ml of chicken stock
- 1 Tbsp of plain flour
- Salt and pepper to taste
- 500 grams of chicken breast (diced)
- Spring onions to garnish
- 4 Tbsp of oil

***How To:***

1. Chop two slices of pineapple and keep the juice aside.
2. Sauté the sliced vegetables, grated ginger, and crushed garlic in a pressure cooker.
3. Add the pineapple juice, tomato puree, sugar, vinegar, soy sauce and chicken stock and stir well.
4. Season with salt and pepper.
5. Add the chicken pieces after tossing them in the flour.
6. Then put the lid and cook until the chicken and vegetables are tender.
7. Add the pineapple chunks and stir. Garnish with spring onions and serve hot.