

## Sweet and Sour Chicken

INGREDIENTS	OVEN
<p><math>\frac{1}{4}</math> onion <math>\frac{1}{4}</math> pepper 4 x 15ml tomato sauce 3 x 15ml vinegar 3x 15ml brown sugar 3x 5ml cornflour 200ml water</p> <p>Frozen prepared chicken pieces in batter</p> <p style="margin-left: 200px;">} sauce</p>	<p style="text-align: center;">200°C/ Gas 7</p>

## METHOD

### Sauce:

1. Dice onion and pepper finely. Fry in a little oil until soft.
2. Add remainder of sauce ingredients ensuring corn flour is first mixed with a little water before adding.
3. Bring to the boil, reduce heat and simmer for at least 20 minutes.

### To cook frozen chicken pieces:

1. Set oven .
2. Place chicken pieces on to a baking tray and cook for 20 minutes.

