

Sweet & Sour Chicken

- 1 tbsp. Fish Sauce
- 2 tbsp. Oyster Sauce
- 3 Ripe tomatoes chopped
- 2 tbsp. Tomato ketchup
- 1 tbsp. Light soy sauce
- 2 tbsp. Honey
- 1 Onion
- 5 cloves of garlic (alter amount to suit your taste)
- Splash Sesame oil or oil for frying
- 1 Red Pepper chopped into largish squares as in a Chinese
- 8/10 Mushrooms quartered
- 2 Chicken breasts

Mix together the first 6 ingredients

Fry the onion, pepper and mushrooms until soft

Add garlic and fry for another couple of minutes

Add chicken and cook through

Add the sauce mix and cook for another couple of minutes

Serve with rice, chips or spring rolls



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