

## Chinese Sweet and Sour Stir Fry

<p><b>Equipment:</b></p> <p>Chopping board Knives Garlic crusher Ginger grater Measuring cups and spoons Wooden spoon Wok or large frypan</p>	<p><b>Ingredients:</b></p> <p>½ cup pineapple juice ¼ cup white vinegar 4 tbsp. low-sodium soy sauce 3 tbsp. granulated sugar 2 tbsp. corn flour 2 tbsp. vegetable oil 1/2 cup cashews or pumpkin seeds 2 chicken thighs sliced thinly 1 cup of fresh pineapple cubes 2 large carrots sliced thinly Approximately 20 snow peas, trimmed and chopped on an angle 1 and 1/2 red capsicums, cut into long, thin strips 3 crushed garlic cloves 2 tbsp. minced fresh ginger</p>
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### What to do:

1. Combine pineapple juice, vinegar, soy sauce, sugar and corn starch, and mix well. Heat in a small saucepan until slightly thick, and set aside.
2. Heat oil in large wok over medium heat, and when hot add cashews or pumpkin seeds. Stir-fry for 1 minute. Remove from heat and set aside. Add chicken, pineapple cubes and snow peas, carrots, and stir-fry for 1 minute. Add red bell pepper, garlic and ginger, and stir-fry for 1 minute. Add sweet-and-sour sauce, stirring to mix well, and stir-fry for 2 minutes more.
3. Remove from heat, garnish with cashews or pumpkin seeds,