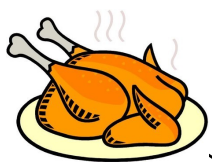




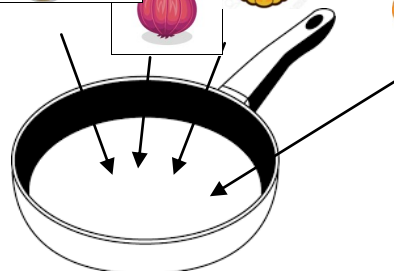
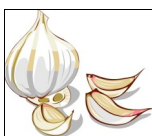
Sweet and sour chicken

1. Fry the chunks of meat until browned on medium heat.



Remove
from the
heat!
Put on a
plate.

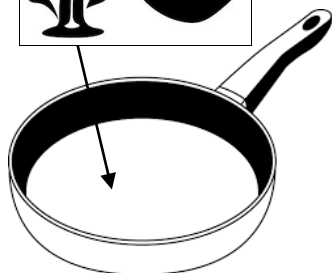
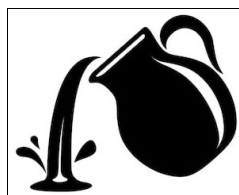
2. Fry garlic for 1 minute. Add other veg/ fruit for 2 mins.



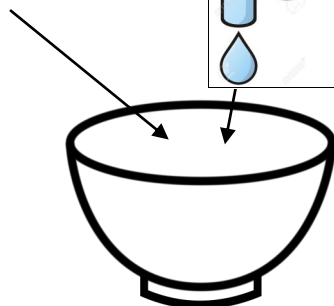
3. Mix the sauce in a bowl.



4. Add sauce to the veg pan. Hot heat for 1 minute.



5. Mix cornflour with cold water.



7. Stir the cornflour mix to the pan. Stir in the meat.



