

Hawaiian Chicken

1 pound (about ½ a kilo) skinless boneless chicken breasts cut into chunks
2 tablespoons canola oil
2 cloves of garlic peeled and chopped
1 small onion peeled and chopped
1 small knob of peeled fresh ginger chopped (or 1 frozen square)
1 red and 1 yellow bell pepper cut into chunks and seeded
3 tablespoons soy sauce
2 tablespoon sweet chili sauce
2 to 3 tablespoons ketchup
3 tablespoons brown sugar
2 tablespoons apple cider vinegar
1 ½ cups pineapple chunks, canned
¾ of a cup of pineapple juice from the can
1 tablespoon cornstarch
4 tablespoons cold water

Directions:

In a bowl stir together the ketchup, vinegar, sweet chili sauce, brown sugar, chopped ginger, soy sauce and pineapple juice and one and a half cups of pineapple chunks. Set aside.

Briefly sauté the chunks of chicken breasts in the oil.

Remove chicken to a plate and put in the chopped onion sauté briefly till soft, not browned add the garlic sauté for a minute, do not brown, and then add the bell peppers sauté in the oil briefly and quickly pull off the fire. Stir together the cornstarch and water till smooth and set next to the pan.

Add the sauce combination in the bowl to the bell pepper mixture in the skillet cook together for about 5 to 8 minutes until it's starting to look like a sauce. Put the chicken pieces back into the skillet and stir into the sauce cooking for a minute or so and add the cornstarch mix and continue cooking till chicken is done and sauce slightly thickened.

In the same bowl that you made the sauce, put 1 tablespoon cornstarch with a quarter cup of water stir together till smooth. Add to the sauce and chicken in the skillet. When chicken is completely cooked and sauce thickens somewhat, remove from fire and serve over rice.