



## Sweet and Sour Sauce

50ml Sugar  
50ml Vinegar  
25ml Soy sauce  
25ml Cornflour  
25ml Tomato concentrate  
60ml Fresh orange juice  
470g Can of crushed pineapple  
1 Green pepper, seeded and chopped with MINCER  
1 Small onion, chopped with MINCER

### Method:

In a small saucepan, mix sugar, vinegar, soy sauce and the cornflour until smooth. Add the remaining ingredients, stirring over medium heat for 5-10 minutes until sauce thickens.  
(Makes 500ml)