

# Tangy sweet and sour chicken livers



A SIMPLE, NO-FUSS DISH BURSTING WITH FLAVOUR - THIS POCKET-FRIENDLY MEAL CAN BE ENJOYED BOTH AS A STARTER OR AS A FULL MEAL.

## INGREDIENTS

- 45 ml (3 Tbsp) **cooking oil**
- 500 g **chicken livers**, finely chopped
- 30 ml (2 Tbsp) **cake flour**
- 1 medium **onion**, coarsely chopped
- 3 ml (½ tsp) **Spur Chicken Spice**
- 125 ml (½ cup) **Spur Durky Sauce**
- 250 g **cherry tomatoes**, halved
- ½ **pineapple**, peeled and cut into quarters
- 30 ml (2 Tbsp) light **brown sugar**
- Freshly ground **black pepper**, to taste
- Fresh, chopped **mixed herbs**, for garnishing





## METHOD

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1. Heat oil in a heavy-based frying pan. Mix chicken livers with the flour. Add to pan and fry for a few minutes.
2. Add onion and continue to fry. Add more oil if required. Add **Spur Chicken Spice, Spur Durky Sauce**, tomatoes, pineapple, sugar and pepper and fry lightly for 10 minutes. Garnish with fresh herbs and serve with pita breads.