

MasterFoodsTM

PROFESSIONAL

Crispy Sweet and Sour Chilli Chicken
RECIPE

Crispy Sweet and Sour Chilli Chicken



<?xml version="1.0"?>

TIME

20 minutes

INGREDIENTS

12 items

MAKES

6 servings

This sweet and sour adaptation from a classic is an easy recipe to prepare and very versatile to make vegetable and protein substitutions with.

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INGREDIENTS

- ¼ cup peanut oil, or similar, for frying
- 8 whole dried red chillies
- 4 cloves fresh garlic, thinly sliced
- 4 tsp. ginger, finely chopped
- 800 g boneless and skinless chicken thigh, trimmed of excess fat and cut into 4 cm pieces
- ¼ cup plain flour, seasoned with salt and pepper
- 1 each of small red, yellow and green capsicum, each cut into similar size pieces to the chicken
- 6 green spring onions, cut into 3 cm pieces
- 4 pineapple rings, roughly chopped
- ½ cup MasterFoods™ Professional Tomato Sauce
- ¼ cup MasterFoods™ Professional Soy Sauce
- Steamed rice, to serve

PRODUCTS USED



MasterFoods Professional Gluten Free Tomato Sauce 4L

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Cooking Instructions:

1. 1
Heat oil in a large frying pan and add dried chillies, garlic, and ginger. Cook for 1 minute until fragrant, then carefully remove and drain on paper towel.
2. 2
Dust the chicken in the seasoned flour and fry in the flavoured oil for 6 to 8 minutes or until golden brown. Add the capsicum and cook for 1 minute, then remove and drain on paper towel.
3. 3
Return the chicken, capsicum, garlic and ginger to the pan, then add pineapple and spring onion.
4. 4
Mix the tomato and soy sauce together and add to pan to coat everything and cook

for a final minute.

5. 5

Add the dried chillies for heat and serve with steamed rice.

Tips:

1. 1

Replace the chicken with firm tofu or cubes of eggplant for a vegetarian option.

2. 2

Add some toasted and crushed peanuts for crunch and nutty texture.

3. 3

Also great served with egg noodles.

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Cooking time

10 min

Ingredients

11 items

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Cooking time

60 MINS

Ingredients

8 items

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Cooking time

10 min

Ingredients

11 items

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Cooking time

15 minutes

Ingredients

9 items

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