Crispy Sweet and Sour Chilli Chicken
RECIPE

Crispy Sweet and Sour Chilli Chicken

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.

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

Cooking Instructions:

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. 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. Return the chicken, capsicum, garlic and ginger to the pan, then add pineapple and spring onion.
4. Mix the tomato and soy sauce together and add to pan to coat everything and cook for a final minute.
5. Add the dried chillies for heat and serve with steamed rice.

Tips:

1. Replace the chicken with firm tofu or cubes of eggplant for a vegetarian option.
2. Add some toasted and crushed peanuts for crunch and nutty texture.
3. Also great served with egg noodles.

More Recipes Like This

Choc-Berry Bircher Muesli

Cooking time

10 min

Ingredients

11 items

Shredded Barbecue Chicken Pancakes

Cooking time

60 MINS

Ingredients

8 items

Gua Bao Buns

Cooking time

10 min

Ingredients

11 items

New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

Source URL:
https://www.masterfoodsprofessional.com.au/recipes/crispy-sweet-and-sour-chilli-chicken