

**GF Friendly**

**Sweet & Sour Chicken**

**crispy fried chicken with sweet & sour vegetable sauce**

This recipe may seem long-winded, but if everything is readily to hand it is just a case of painting (or cooking) by numbers. Give it a go and I'm sure you'll find the extra effort will be worth it.

300-400g chicken breast fillet

½ cup sugar

½ cup vinegar

3 Tbsps tomato sauce

2 tsps soy sauce

1 tsp minced ginger

2 Tbsps cornflour

2 Tbsps dry sherry

extra cornflour

1 egg

light-tasting olive oil – sufficient for shallow frying

2 pineapple rings

1 green capsicum

1 Tbsp peanut oil

1 medium onion

½ cup water

1 stick celery



In a suitable bowl, put the sugar, vinegar, soy and tomato sauces, plus water and ginger, combine well and set aside. In another dish, blend 2 tablespoons of cornflour with the sherry and set this aside also. Beat the egg in a bowl. Cut the chicken into bite-size cubes, place in the egg, toss to coat and let marinate. Put some extra cornflour in a tray. Cut the onion in half across the grain, then slice lengthways into strips. Seed the capsicum and cut into small pieces. Slice the celery across the stalk into small half-rings. Cut the pineapple slices into wedges.

Heat the olive oil in a wok or frypan on medium. Remove each chicken piece from the egg, roll in cornflour and fry these in batches; turning until cooked through and golden. Drain each batch on kitchen paper; then spread on a sheet lined with baking paper and consign to the oven to keep warm. Once all of the chicken is cooked, drain the olive oil from the pan and give it a wipe with paper towel before putting in the peanut oil. Heat until hot, then stir-fry just the vegetables for about 2 minutes. Add the sauce mix and bring to the boil. Finally, add the pineapple, give the cornflour another wind and put this in. Stir until the mixture thickens. Place the chicken on warm plates and top with the vegie and fruit sauce.

Serves 3-4 with fried or white rice

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