Sweet & Sour Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

- 250g chicken breast (deboned & cut into 1 inch cube)
- 1 green bell pepper (cut into pieces)
- 1 piece fresh pineapple/1 can of pineapple (cut into pieces)
- 1 clove garlic (finely chopped)
- 1 medium size bombay onion (cut into quarter)
- oil for frying

Marinate:

- 1 tsp soy sauce
- 1/2 tsp corn flour
- 1 tsp rice wine/sherry/beer
- a dash of white pepper

Batter:

- 1/2 cup water
- 50g all-purpose flour
- 25g corn flour
- 1 egg
- 1 tsp cooking oil
- 1/2 tsp sesame oil
- 1 small pinch of salt

Sauce:

- 2-3 tbsps tomato ketchup
- 1 tsp plum sauce
- 1/3 cup pineapple juice

- 1 tsp rice vinegar
- 1 tsp oyster sauce
- 1 tsp corn flour
- 1-2 tsp sugar
- 4 tbsp water

Instructions

1. Marinate chicken chunks with the ingredients for at least 15 mins
2. Mix the sauce well & set aside
3. Mix ingredients of the batter well forming a thick batter
4. Dip the chicken chunks into the batter. Make sure it is well-coated before frying in hot oil. Deep fry the chicken pieces until golden brown, dish out & drain on paper towel
5. Heat oil in wok, stir fry garlic until light brown, add green bell pepper & pineapple pieces. Continue stir fry until the aroma of the pepper comes out and then add sauce. As soon as the sauce thickens, add the chicken into the sauce & stir well.
6. Dish out & serve hot with steamed plain rice.