



Chinese-Style Sweet & Sour Chicken

We show you how to make one of the most popular Chinese takeaways dishes on the menu at home

Serves: 4

Prepare: 10 Minutes

Cook: 25 Minutes

Difficulty: Easy

Ingredients

- 800g [organic chicken breasts, diced](#)
- 400g tinned pineapple with juice
- 200ml tomato ketchup
- 3tbsp malt vinegar
- 1 large onion, roughly chopped
- 150g soft brown sugar
- 2 bell peppers, roughly chopped
- 3 garlic cloves, minced
- 2tsp minced ginger
- 1tsp white pepper
- 1tsp garlic powder
- 1tsp salt
- 150g potato starch (or cornflour)
- 2 eggs
- 5tbsp vegetable oil

Method

1. Lay the breasts on a flat surface and cut them into 1-inch thick cubes. Transfer them to a bowl and cover them with salt, pepper and garlic powder. Add two eggs to the bowl and mix everything together
2. Place a wok or large frying pan over high heat and add the oil. Pour the potato starch into a bowl and dredge the chicken. Transfer the chicken to the wok and cook for 10 minutes until browned. Add the ginger, garlic, onions and peppers to the wok and reduce the heat, allowing the onions and peppers to soften
3. To make the sauce, combine ketchup, malt vinegar, pineapple juice and brown sugar in a food processor and blitz. Add the remaining pineapple chunks to the wok and add the sauce
4. Stir the chicken and vegetables through the sauce and serve hot
5. Serve with rice or noodles