SWEET AND SOUR CHICKEN

SERVES 4
Preparation time: 30-40 minutes

INGREDIENTS

1 egg white
⅛ teaspoon salt
2 teaspoons cornstarch
1 pound boneless, skinless chicken thighs or breasts, cut into 1-inch chunks
1 tablespoon plus 1 teaspoon canola or vegetable oil

2 bell peppers, cut into 1-inch chunks
1 tablespoon grated or minced ginger
1 cup canned pineapple chunks (reserve ¼ cup juice)
⅛ cup white vinegar
⅛ cup ketchup
⅛ teaspoon salt
2-3 tablespoons brown sugar

DIRECTIONS

1. In a bowl, whisk egg white, salt, and cornstarch with a fork. When cornstarch has dissolved, add chunks of chicken and coat. Let sit for 15 minutes at room temperature or up to overnight in the refrigerator.

2. To make the Sweet and Sour sauce, whisk together pineapple juice, vinegar, ketchup, salt, and brown sugar. Set aside.

3. Heat a large frying pan or wok over high heat until a bead of water instantly sizzles and evaporates. Pour in 1 tablespoon of cooking oil and swirl to coat the pan.

4. Add chicken, arranging into a single layer. Let chicken fry, untouched for about 1 minute, until it is brown. Flip and fry other side. The chicken will still be a little pink in the middle. Place chicken on a clean plate or in a clean bowl. Set aside.

5. Turn heat to medium and add remaining 1 teaspoon of oil. Add pepper and ginger. Fry for 1 minute. Add pineapple chunks and Sweet and Sour sauce. Turn up heat just a bit to simmer mixture. Add chicken chunks and simmer until chicken is thoroughly cooked, approximately 4-5 minutes.

SIMPLY GOOD EATING

SAFETY TIP

- USE SEPARATE CUTTING BOARDS for cutting raw meat and vegetables. If you only have one cutting board, make sure you wash and sanitize it after cutting the raw meat. Even if all ingredients will be cooked, you will reduce the risk of cross-contamination.