

Sweet & Sour Chicken

Supper Series Theme: China

Yield: Serves 4

Prep time: 15 minutes * Cook time: 20 min.



Ingredients

1 (8-ounce) can pineapple chunks in 100% pineapple juice

$\frac{1}{4}$ cup ketchup

2 tablespoons apple cider vinegar

1 tablespoon packed light brown sugar

1 tablespoon tamari or low-sodium soy sauce

3 tablespoons canola oil, divided

$\frac{1}{2}$ medium Sweet Vidalia onion, cut into 1-inch pieces

2 medium bell peppers, cut into 1-inch pieces (red, yellow, orange or green)

1 lb. boneless and skinless chicken thighs or breasts, cut into 1-inch pieces

3 tablespoons cornstarch

1 $\frac{1}{2}$ teaspoons Kosher salt, divided

2 cloves garlic, minced

2 teaspoons peeled and minced ginger

Steamed rice, for serving (optional)

Instructions

1a. Drain the canned pineapple chunks, reserving juice, and set the chunks aside.

1b. Pour $\frac{1}{4}$ cup of the juice into a small bowl (for step 2.) Save or drink the remaining juice, which is not needed for recipe.



2. ***To make the sweet and sour sauce:*** In bowl with ($\frac{1}{4}$ cup of) pineapple juice, add the ketchup, vinegar, brown sugar, and (tamari or soy sauce). Then, whisk to combine.

3. ***To stir-fry the vegetables:*** Heat 1 tablespoon of the oil in a large nonstick frying pan over medium-high heat until shimmering. Add the onion and stir-fry for 1 minute. Add the bell peppers, season with 1/4 teaspoon of the salt, and stir-fry until charred in spots, 3 to 4 minutes. While the vegetables are cooking, coat the chicken.
4. ***To coat the chicken in cornstarch:*** Place the chicken in a medium bowl and season with the remaining 1 teaspoon salt. Then, sprinkle the cornstarch over the chicken and toss until evenly coated.
5. ***To stir-fry the ginger and garlic:*** Add the garlic and ginger to the vegetables and stir-fry until fragrant, about 30 seconds. Transfer to a plate.
6. ***To sear the chicken:*** Heat the remaining 2 tablespoons oil in the pan over medium-high heat until shimmering. Add the chicken and spread into an even layer. Cook undisturbed until browned on the bottom, 3 to 4 minutes. Flip and cook undisturbed until the chicken is browned on the second side and cooked through, 3 to 4 minutes more.
7. ***Simmer with the sauce*** by returning the vegetables to the pan and add the pineapple chunks. Pour the sauce into the pan.
8. ***To Stir-fry until sauce thickens:*** Stir-fry until it thickens, is glossy, and coats the chicken and vegetables, 1 to 2 minutes. Serve over rice if desired.

Chef Notes: Storage: Leftovers can be refrigerated in an airtight container for up to 4 days.

