



Sweet and Sour Chicken

Recipe by Stephen Lunn, Australian Culinary Olympic Team

INGREDIENTS

SAUCE

- 1 carrot- sliced thinly
- 1 onion sliced bit bigger
- 150g brown sugar- white if you don't have
- 100ml apple cider vinegar- white vinegar is fine
- 70ml tomato sauce
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 3 cloves garlic, finely chopped
- 1tsp crushed ginger- from the tubes is fine
- 2 tablespoons cold water
- 1 tablespoon cornstarch
- Juice from the tin of chopped pineapple

CHICKEN

- 3 each boneless skinless chicken breasts, cut into 1-inch pieces (boneless skinless chicken thighs may be substituted)
- 3 tablespoons cornstarch
- salt and pepper, to taste
- 3 to 4 tablespoons olive oil, plus more if necessary
- 2 spring onions, sliced into thin rounds, optional for garnishing
- 1 tablespoon sesame seeds, optional for garnishing
- ½ cucumber- diced
- 1 fresh tomato- diced
- ½ red capsicum- diced



Afternoons
with Joel Rheinberger
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DIRECTIONS

- **MAKE THE SAUCE**

- To a medium saucepan, fry off carrot and onion, when soft add all ingredients except water and cornstarch, whisk to combine, and bring to a boil over medium-high heat.
- To a small bowl, add the water, cornstarch, and stir to combine.
- Add the water and cornstarch mixture to saucepan, reduce heat to low, and allow sauce to simmer for about 5 minutes while you make the chicken; whisk intermittently.

- **MAKE THE CHICKEN**

- To a large zip top bag, add the chicken, cornstarch, salt and pepper to taste, seal, and shake to coat chicken evenly.
- To a large fry pan, add 3 to 4 tablespoons olive oil, when warm add chicken, and cook over medium-high heat for about 5 to 7 minutes, or until chicken has cooked through. Stir and flip intermittently to ensure even cooking. If frypan seems dry while cooking, add an additional tablespoon or two of oil as necessary.
- After chicken has cooked though, reduce heat to low, add the sauce, stir to coat evenly, and allow it to simmer for a minute or two.
- Just before serving add in the diced cucumber, tomato, capsicum and some pineapple pieces and warm through- if sauce is really thick, thin with a little water
- Optionally garnish with spring onions, sesame seeds, and serve immediately.
- Serve with rice



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