



Making the chicken that makes your menu.™



Sweet and Sour Chicken

Great ideas from the Chefs at Brakebush



The Recipe

- 4 oz. 5590 or 5591 Brakebush Tempura Chicken Chunks
- 1½ oz. Asian Menu Sweet & Sour Sauce
- 2 oz. Long grain white rice (cooked)
- 1½ oz. Golden pineapple (cut in ½” chunks)
- ½ oz. Carrots (sliced at angle)
- ½ oz. Yellow onion (cut in pedals)
- ½ oz. Green pepper (cut in ½” chunks)
- ½ tsp. Vegetable oil

Method:

1. Fry Tempura chunks to 165 degrees internal temperature.
2. In a skillet or Wok heat oil and stir fry carrots, onion, green pepper and pineapple for 30 seconds (high heat).
3. Add chicken and sauce just enough to coat chicken and vegetables, let thicken slightly.
4. Serve atop the cooked rice.

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Sweet and Sour Chicken



#1 Ingredients:

5590 Tempura Chicken Chunks (fried)
Asian Menu Sweet and Sour Sauce
Long grain white rice (cooked)
Golden pineapple
Carrots
Yellow onion
Green pepper
Vegetable oil



#2

In a skillet or wok heat oil and stir fry carrots, onion, green pepper and pineapple for 30 seconds on high heat.



#3

Add chicken and sauce just enough to coat chicken and vegetables, let thicken slightly.



#4

Serve atop the cooked rice.