

Williamwood High School

Cooking Club Recipe

Sweet and Sour Breaded Chicken

RECIPE - 12 portions

Red tractor chicken	672g
Soft Brown Sugar	140g
Vinegar	1/4 pint
Tomato Paste	28g
Chopped Tomatoes	200g
Pineapple chunks	4 rings cut up
Pineapple juice	2 tbsp
Cornflour	to thicken
Toasted breadcrumbs	200g
Egg	2
Garlic powder	28g
Chilli flakes	14g
Cajun seasoning	14g
Oriental veg (frozen)	100g
Noodles	336g

METHOD

- 1 – toast off breadcrumbs and when cool add garlic powder, chilli flakes and Cajun seasoning and mix well
- 2 – chop chicken into bite size pieces
- 3 – whisk eggs, then dip chicken into egg mix then breadcrumb mix and place on a baking tray
- 4 – bake in oven for approx. 18 mins at 180 degrees until chicken is cooked with a core temp of 75 degrees achieved
- 5 – place sugar, vinegar, tomato paste, chopped tomatoes, pineapple chunks and oriental vegetables into a pot, mix well and bring to boil, reduce temperature and simmer for about 15 mins until vegetables and pineapple are soft. Taste and if required add pineapple juice to sweeten.
- 6 – thicken sauce if required using some cold water and cornflour
- 7 – add noodles to boiling water and simmer for 5 mins until just soft
- 8 – place noodles on plate – add cooked chicken and pour over some of the sweet and sour sauce mix as required.

ALLERGY INFORMATION

Allergies - Gluten – Wheat, Eggs, not suitable for vegetarians