



Sweet & sour chicken

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings vegetable oil for frying
- ☐ 100 ml seltzer water chilled
- ☐ 140 g self raising flour
- ☐ 25 g cornstarch
- ☐ 4 chicken breast boneless skinless cut into chunks
- ☐ 4 servings spring onion shredded finely
- ☐ 1 bell pepper red deseeded chopped
- ☐ 3 pepper flakes red halved deseeded cut into chunks, 2 and

- ☐ 425 g pineapple chunks drained canned
- ☐ 4 star anise
- ☐ 50 g tamarind paste
- ☐ 100 g sugar
- ☐ 100 ml rice vinegar chinese

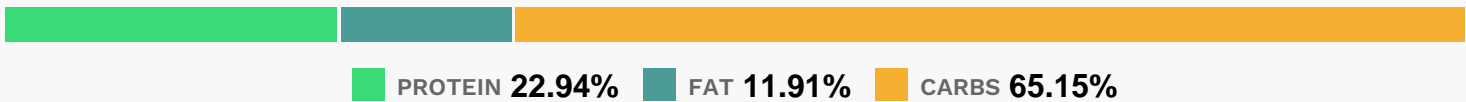
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ For the sauce, put the red pepper, chunks of chilli and pineapple juice in a pan and bring to the boil. Cover and cook for 10 mins, then pure in a food processor. Return to the pan with the pineapple chunks, chilli halves, star anise, tamarind, sugar and vinegar. Gently simmer for 20-30 mins until reduced and sticky. Keep warm, or reheat to serve.
- ☐ Fill a large pan 1cm deep with oil and heat until shimmering.
- ☐ Whisk the soda water and 100ml cold water into the self-raising flour with a little salt. Tip the cornflour onto a plate, line a tray with kitchen paper and turn on the oven to low.
- ☐ Stir the batter well. Dust the chicken with cornflour, then dip into the batter. One at a time, lower into the hot oil (about 5-6 every batch). Turn up the heat to keep the chicken frying, if needed, and cook for 5-6 mins, turning once. When cooked, drain on the tray, and keep warm in the oven. Repeat with the remaining chicken. Stack onto a plate with the warm sauce on the side, and scatter with shredded spring onions.

Nutrition Facts



Properties

Glycemic Index:91.52, Glycemic Load:40.16, Inflammation Score:-9, Nutrition Score:25.774347865063%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 524.98kcal (26.25%), Fat: 6.99g (10.76%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 86.05g (28.68%), Net Carbohydrates: 81.71g (29.71%), Sugar: 48.25g (53.61%), Cholesterol: 72.32mg (24.11%), Sodium: 148.29mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.6%), Vitamin C: 99.7mg (120.85%), Selenium: 51.39µg (73.41%), Vitamin B3: 13.45mg (67.27%), Vitamin B6: 1.21mg (60.74%), Phosphorus: 323.57mg (32.36%), Vitamin A: 1407.18IU (28.14%), Potassium: 867.49mg (24.79%), Vitamin K: 25.18µg (23.98%), Manganese: 0.44mg (22.13%), Vitamin B1: 0.31mg (20.62%), Magnesium: 80.51mg (20.13%), Vitamin B5: 1.96mg (19.56%), Fiber: 4.35g (17.39%), Copper: 0.29mg (14.47%), Vitamin B2: 0.24mg (14.24%), Iron: 2.37mg (13.15%), Folate: 48.52µg (12.13%), Vitamin E: 1.35mg (9.02%), Zinc: 1.34mg (8.96%), Calcium: 57.98mg (5.8%), Vitamin B12: 0.23µg (3.77%)