



RECIPE

rhino

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Sweet & Sour Chicken

Description:

Tender pieces of chicken are coated, fried until golden, then simmered in a sweet-and-tangy pineapple sauce with strips of green pepper and onion. Served over rice, this classic family favorite is a comforting homemade meal that's full of flavor.



PREP TIME
20 min



COOK TIME
25 min



TOTAL TIME
45 min



YIELD
6–8
servings

INGREDIENTS

Chicken

- 1½–2 pounds boneless skinless chicken breasts or thighs, cut into bite-size pieces
- 1 egg
- ¼ cup milk
- Flour, for coating
- Vegetable oil, for frying

Sauce

- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ¼ cup white vinegar
- 1 tablespoon soy sauce
- ½ teaspoon salt
- 1 (15-ounce) can pineapple chunks, undrained
- ¼ cup green bell pepper, cut into thin strips
- ¼ cup onion, cut into thin strips

For Serving

- Cooked rice

RHINO TIP



For the crispiest chicken, allow the coated chicken pieces to rest for 5–10 minutes before frying. This helps the flour coating adhere better during cooking.

STEP-BY-STEP INSTRUCTIONS



Prepare the chicken.

In a shallow bowl, whisk together the egg and milk. Dip the chicken pieces into the egg mixture, then coat them in flour.

Fry the chicken.

Heat vegetable oil in a large skillet over medium-high heat. Fry the chicken until golden brown and cooked through. Remove and set aside.

Prepare the sauce.

Mix the cornstarch with a small amount of pineapple juice until smooth. In a bowl, whisk together the brown sugar, vinegar, soy sauce, salt, pineapple chunks with their juice, and the cornstarch mixture.

Cook the sauce and vegetables.

Pour the sauce mixture into a skillet. Add the green pepper strips and onion strips. Bring to a gentle simmer and cook for several minutes, stirring occasionally, until the vegetables begin to soften and the sauce starts to thicken.

Finish the dish.

Return the cooked chicken to the skillet and stir to coat. Simmer until the sauce thickens and the chicken is heated through. Serve warm over cooked rice.

TIPS & VARIATIONS



1. Serve over steamed white rice for a classic presentation.



2. Add extra green peppers and onions if you prefer more vegetables in the dish.



3. Use chicken thighs for a juicier, more flavorful version.



4. Leftovers can be refrigerated for up to 4 days and reheated gently on the stovetop or in the microwave.



5. Add a few maraschino cherries for a nostalgic sweet-and-sour chicken variation.



Family favorites, one recipe at a time.

