

Crispy Sweet and Sour Chicken - Better Than Takeout!

If you're craving Chinese takeout but want to stay in your kitchen slippers, this



OVEN
350°F

TIME
10 min

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INGREDIENTS

For the Chicken ?:

1 lb boneless skinless chicken thighs, cut into 1-inch pieces

1 tsp salt

$\frac{1}{2}$ cup cornstarch

$\frac{1}{2}$ cups all-purpose flour

1 egg, beaten

1 tbsp canola oil

1... cups water

Vegetable oil for frying

For the Stir-Fry ?:

1 red bell pepper, cut into 1-inch pieces

1 green bell pepper, cut into 1-inch pieces

1 medium yellow onion, cut into 1-inch pieces

1 cup pineapple chunks (fresh or canned)

For the Sweet and Sour Sauce ?:

$\frac{1}{2}$ cup sugar

... cup rice vinegar (or white vinegar)

2 tsp garlic, minced (or garlic powder)

2 tbsp low-sodium soy sauce

... cup ketchup

2 tbsp cornstarch mixed with 2 tbsp water

DIRECTIONS

1. Make the Batter: In a large bowl, combine cornstarch, flour, and salt. Whisk in the egg, 1 tbsp oil, and water until smooth.
2. Add chicken pieces and coat thoroughly. Let marinate for at least 10 minutes (or refrigerate up to 1 hour).
3. Fry the Chicken: Heat 1 inch of oil in a deep pan or fryer to 350°F.
4. Fry chicken in batches for 3-4 minutes until golden and crispy. Remove with a slotted spoon and transfer to a wire rack or paper towel-lined plate.
5. SautØ the Veggies: In a large skillet or wok, heat 1 tbsp oil over medium-high.
6. Add onion and bell peppers. SautØ for 2-4 minutes until slightly tender. Add pineapple chunks.
7. Make the Sauce: Add sugar, vinegar, garlic, soy sauce, and ketchup to the skillet. Stir to combine and bring to a simmer.
8. Whisk together 2 tbsp cornstarch with 2 tbsp water. Slowly stir into the skillet. Cook for 2-3 minutes until thick and glossy.
9. Combine and Serve: Toss crispy chicken into the pan with the sauce and veggies, or serve the sauce and chicken separately to maintain max crunch.
10. Serve over steamed white rice or your favorite fried rice!

TIPS FOR SUCCESS

Use a thermometer for frying-350°F is the sweet spot.

Don't overcrowd the pan when frying to keep the oil temperature steady.

Prep everything first -this recipe moves fast once you start cooking.

Double the sauce if you like it extra saucy for rice-soaking goodness. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-sweet-and-sour-chicken-better-than-takeout/>