

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Sweet and Sour Chicken



Food image courtesy of blogchef.net

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Ingredients

- 1 can drained pineapple chunks
- 1 $\frac{3}{4}$ cups water
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup vinegar
- 8 chicken breasts cut into pieces
- 2 $\frac{1}{4}$ cups all-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons corn-starch
- 1 egg



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. In a pan, combine the water, sugar and vinegar, heat the mixture for about 5 minutes, then turn off the heat and add the flour, oil, corn-starch, and egg.
3. Add water gradually to make a thick batter. Once mixture appears to be thick, add the chicken pieces to it and mix to coat.
4. Heat some oil in a pan and fry the marinated chicken pieces for about 10 minutes.
5. Serve the chicken with the pineapple chunks and see your family enjoy!

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