

Sweet and Sour Stir-Fried Chicken with Pineapple and Red Onion

Yields 3-4 servings

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 teaspoons soy sauce
- 2 teaspoons dry vermouth or sherry
- 4 teaspoons canola oil, divided
- 2 small red onions, cut into 1/2-inch wedges
- 2 cups pineapple chunks
- 3 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 3 scallions, finely chopped, white and green parts divided
- Sriracha, for serving

For the sweet and sour sauce:

- 6 tablespoons red wine vinegar
- 6 tablespoons pineapple juice or orange juice
- 6 tablespoons sugar
- 3 tablespoons ketchup
- 1 teaspoon cornstarch
- 1/2 teaspoon salt

Directions:

1. To make the sauce, whisk together the red wine vinegar, pineapple juice or orange juice, sugar, ketchup, cornstarch and salt in a small bowl; set aside.
2. In a medium bowl, combine the chicken, soy sauce and vermouth or sherry.
3. Heat 2 teaspoons canola oil in a large skillet over medium high heat.

Add the chicken mixture and cook, turning occasionally, until browned on all sides, about 8-10 minutes. Transfer to a plate.

4. Add remaining 2 teaspoons canola oil to the skillet. Add the onions and cook, stirring frequently, until lightly browned, about 2 minutes. Stir in the pineapple until heated through, about 1 minute. Add the garlic, ginger and scallion whites and cook, stirring constantly, until fragrant, about 1 minute. Add the chicken, along with any juices, and scallion greens and cook, stirring frequently, until heated through, about 2 minutes. Stir in the sauce mixture. Bring to a boil; reduce heat and simmer until thickened, about 1-2 minutes.
5. Serve immediately over rice with Sriracha, if desired.

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