

# Pineapple Chicken



**PREP TIME : 10 MIN**

**COOK TIME : 10 MIN**

**SERVES : 4**

## ***Ingredients :***

- ***700 (1 1/2 lb) chicken filet, cut into bite size pieces***
- ***2 eggs, beaten***
- ***1/2 cup (125 mL) plain flour***
- ***1 tsp (5 mL) each of water, salt and cornstarch***
- ***1/2 cup (125 mL) vegetable oil***
- ***1 jar VH<sup>®</sup> Pineapple Cooking Sauce***

## ***Directions :***

- 1. Mix the eggs, flour, water, salt and cornstarch.***
- 2. Coat the chicken in batter and stir-fry in oil at 375° F (190° C) until golden brown.***
- 3. Drain well.***
- 4. Bring VH<sup>®</sup> Pineapple Sauce to a boil and pour over the fried chicken.***
- 5. Combine well and serve.***

## ***POSSIBLE PROPPING:***

***Plate a single serving of chicken drizzled with a generous portion of VH<sup>®</sup> Pineapple Sauce, paired with an appropriate side. Garnish with some real pineapple.***

***A sweet family favourite.***



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