

Sweet and sour chicken Hong Kong style Free Recipe 10042025

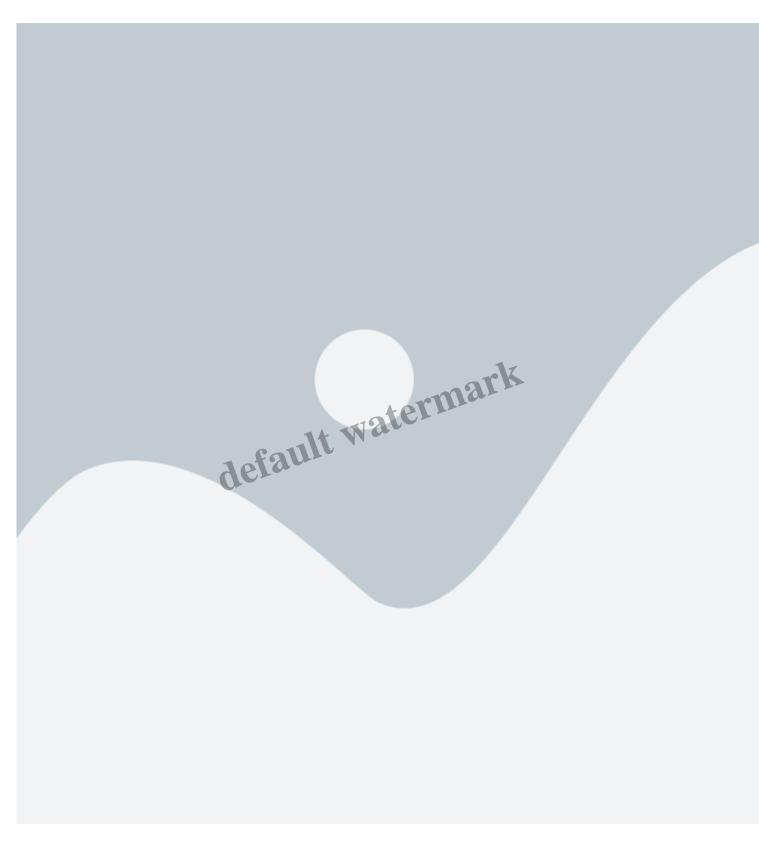
## **Description**

Recipe https://www.youtube.com/watch?v=k\_vQsyC\_F1A

# **Shopping List**

Fruit and vegetables chopped fresh coriander, to garnish 2-3 garlic cloves, bashed and roughly sliced 3cm/11/4 in fresh root ginger, peeled and cut into matchsticks 1/2 green pepper, cut into chunks (optional) ½ small tin pineapple slices (approx. 220g undrained weight), cut into chunks, juice discarded ½ red onion, cut into chunks (optional) 2 spring onions, cut into rough chunks, plus extra to garnish Cooking ingredients 1/4 tsp freshly ground black pepper 4 tbsp brown sugar 5 tbsp cornflour 1/4 tsp salt 1 tsp sesame oil 2–3 tbsp mixed sesame seeds, plus extra to garnish 1 tbsp light soy sauce 1 tbsp light soy sauce ½ tbsp dark soy sauce ½ tsp granulated sugar 1 tsp tomato purée vegetable oil, for frying 4 tbsp rice vinegar or white wine vinegar Dairy, eggs and chilled 1 free-range egg, lightly beaten 1 free-range egg white Meat, fish and poultry 300g/10½oz chicken thighs, boneless, skin removed and cut into large cubes

https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9 **Book Novotel Hotel** 



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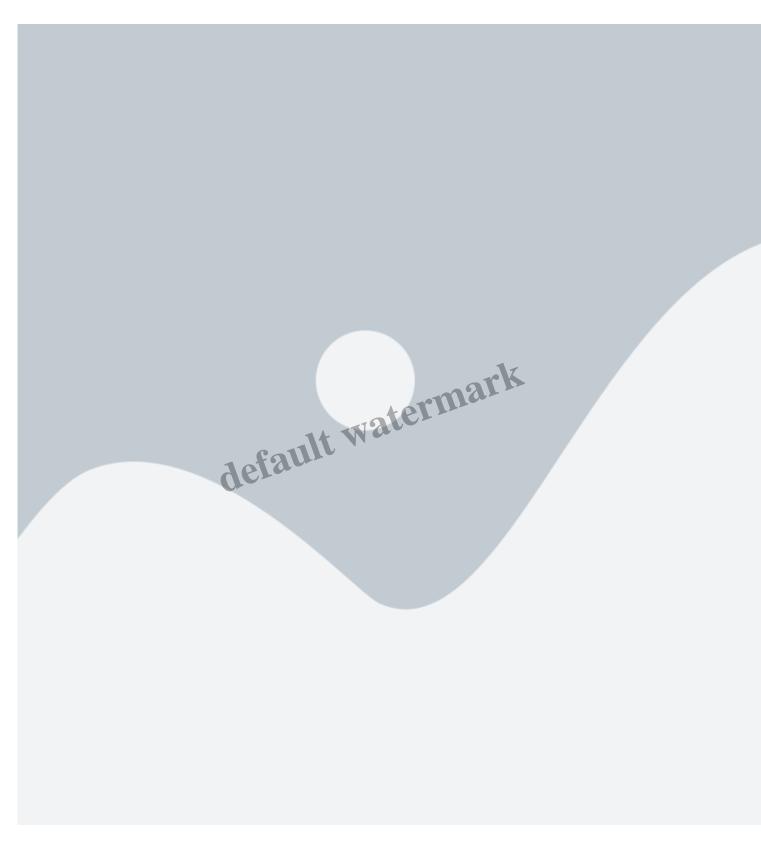


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## Category

- 1. Country
- 2. Air Fryer
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- 4. Hong Kong
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## **Tags**

- 1. soy sauce
- 2. brown sugar
- 3. seeds
- 4. rice vinegar
- 5. sesame seeds
- 6. sesame oil
- 7. sugar
- 8. cornflour
- 9. small tin pineapple
- 10. fresh coriander
- 11. salt
- 12. tin pineapple
- 13. coriander
- 14. spring onion
- 15. pineapple
- 16. onions
- 17. cloves
- 18. fresh
- 19. spring onions
- 20. chicken thighs
- 21. tin
- 22. garlic
- 23. boneless chicken thighs
- 24. Dairy-free
- 25. pepper
- 26. fresh root ginger
- 27. Nut-free
- 28. green pepper
- 29. root ginger
- 30. Pregnancy-friendly

default watermark

- 31. red onion
- 32. egg
- 33. Fakeaway
- 34. onion
- 35. ginger
- 36. Sweet and sour chicken Hong Kong style
- 37. black pepper
- 38. free-range egg white
- 39. chicken
- 40. white wine vinegar
- 41. egg white
- 42. garlic cloves
- 43. wine vinegar
- 44. tomato purée
- 45. vegetable oil
- 46. vinegar
- 47. mixed sesame seeds

### **Date Created**

March 31, 2025

### **Author**

admin

