

## Findlay's Kitchen for Two: Me + Myself

# Sweet + Sour Chicken

Prep Time	Cook Time	Total Time	Yields
25 minutes	45-55 minutes	1 hour + 10-20 minutes	2 servings for you + yourself

### Ingredients:

- 0.23 kilograms chicken breast (that's ½ pound for my southern neighbours)
- ¼ cup cornstarch
- 1 large egg
- 2 tablespoons vegetable oil
- Salt + pepper to taste
- ½ cup rice
- Sesame seeds (optional)

### For the sauce:

- 6 tablespoons of sugar
- ¼ cup apple cider vinegar
- 2 tablespoons ketchup
- 1 ½ teaspoons soy sauce
- ¼ teaspoon garlic powder

### Instructions:

Cut chicken into 1-inch pieces.

In a medium-sized bowl, add sugar, apple cider vinegar, ketchup, soy sauce and garlic powder. Whisk until mixed, and then put aside.

Preheat oven to 325°F.

Season your chicken in a large bowl with salt + pepper to taste. Add half the amount of cornstarch and mix, then add the other half and ensure every piece of chicken is coated.

Whisk egg in a small bowl. Use a fork to individually coat each piece of chicken in egg, and place in another bowl until ready to add to the frying pan.

Turn the burner on to medium-high and cook chicken in vegetable oil until golden brown.

Spray baking pan with non-stick cooking spray, and add chicken. Pour sauce evenly over chicken, then put into the oven. Cook for 45-55 minutes (depending on desired crispiness) and flip every fifteen minutes.

Serve on rice and sprinkle with sesame seeds.

*Et voilà!* You have tonight's dinner + tomorrow's lunch. Enjoy!