



COOK AT HOME MEAL KITS

CANTONESE SWEET AND SOUR

INCLUDED

1. Crispy Chicken (or Crispy Tofu)
2. Veg (onions, peppers, pineapple)
3. Sauce (Sweet and Sour)
4. Starch

YOU NEED

1. Baking tray
2. Pot
3. Whisk
4. Wok/pan
5. 1 tbsp cooking oil
6. 2 tbsp water

METHOD

1. Heat fan oven to 200c. Place CRISPY CHICKEN on baking tray, well spread out and bake for 10 mins or until piping hot.
2. Mix 2 tbsp of water with the STARCH until combined. In a pot, mix the starch in with the sweet and sour SAUCE with a whisk and turn on heat to medium high and bring to the boil, whisking constantly - set aside.
3. Heat wok or pan on high heat until smoking and add oil. Once oil is hot, add in VEG and continue to cook on high heat.
4. Once veg is cooked to your liking, add the CRISPY CHICKEN and SAUCE, heat through and serve.

SIK FAN LAI
"BON APPETIT"