



Hela Spice Singapore Pte Ltd

Sweet and Sour Chicken



| | Quantity |
|-------------------------------------|---------------|
| Chicken | 1 & 1/3 Cup |
| Green Bell Pepper, Chopped | 1/2 |
| Red Bell Pepper, Chopped | 1/2 |
| Scallions | 2 Stalks |
| Canned Pineapple Rings, chopped | 2 Slices |
| Garlic, Chopped | 2 Clove |
| Hela Martha Original Ketchup | 5 Tbsp |
| Marinate | |
| Light Soya Sauce | 1 Tsp |
| Cornstarch | 1/2 Tsp |
| Rice Wine (optional) | 1/2 Tsp |
| Frying batter | |
| All Purpose Flour | 1/2 Cup |
| Cornstarch | 1/4 Cup |
| Baking Soda | 1/2 Tsp |
| Egg | 1 |
| Water | 1/2 Cup |
| Cooking Oil | 1 Tsp |
| Salt | 1 Tsp |

Instructions

1. Cut the chicken into bite-sized pieces and place into the marinate for 30 minutes.
2. In a large bowl, mix the dry ingredients of the frying batter and add in the egg, water and cooking oil to form a thick batter.
3. After 30 minutes of the marination, transfer the meat into the batter and ensure they are evenly coated with the batter. In a pot, add the frying oil enough for deep frying.
4. Once the oil reaches 160C, place the meat pieces in the pot and flip them till golden brown. Dish out and drain on the paper towels.

The formulation in this table is to the best of our knowledge and reflects our interpretation of in-house generated recipe. Since government regulations vary from region to region, we cannot guarantee that all the products are in accordance with the regulations of the various countries. Further examination of existing laws is advised.

This recipe does not intent to be a comprehensive reference document and we encourage the user to carry out stability and performance tests in their final application to determine suitability.



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5. Stir fry chopped garlic until light brown, then add bell peppers and pineapple pieces. Add Hela Curry ketchup and toss till evenly coated.
6. Serve with rice garnished with scallions or chilli and enjoy!

RECIPE NO.: TWS0003C

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