

# Sweet and Sour Chicken

Jess

## Ingredients

### Chicken

- 3-5 chicken breasts
- 1 cup cornstarch
- $\frac{1}{3}$  cup canola oil
- salt and pepper
- 2 eggs, beaten

### Sauce

- $\frac{3}{4}$  cup sugar
- 2 tbsp white distilled vinegar
- $\frac{1}{2}$  cup chicken stock
- 4 tbsp ketchup
- 1 tbsp soy sauce
- 1 tbsp chili paste

## Instructions

Preheat oven 350°

1. Rinse chicken, trim off fat and extras and then cut into 1 inch cubes. Season with salt and pepper.
2. Heat oil in a large skillet.
3. Dip chicken into cornstarch and coat all the way then dip into eggs. Cook chicken in a skillet until browned. Place in a baking dish.
4. Prepare the sauce by combining all ingredients and mixing well.
5. Cover chicken with sauce and bake for 1 hour, stirring every 15 minutes.