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Oven Baked Sweet and Sour Chicken

Introduction

Oven-baked sweet and sour chicken is a delightful dish that combines tender chunks of chicken with a tangy and sweet sauce. This healthier version eliminates the need for frying, making it a perfect choice for those seeking a delicious but lighter meal. The dish is colorful, flavorful, and appealing to both kids and adults alike.

Detailed Ingredients with measures

Chicken breast, diced - 1 pound
Cornstarch - 1/2 cup
Egg, beaten - 1
Vegetable oil - 2 tablespoons
Bell peppers, chopped - 1 cup (mixed colors)
Pineapple chunks - 1 cup
Soy sauce - 1/4 cup
Brown sugar - 1/4 cup
Rice vinegar - 1/4 cup
Garlic powder - 1 teaspoon
Onion powder - 1 teaspoon

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 25 minutes

Total Time: 45 minutes

Yield: Serves 4

This oven-baked sweet and sour chicken is not only simple to prepare but also creates a stunning presentation on your dining table. Enjoy this culinary delight with steamed rice or a fresh salad for a complete meal.



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Detailed Directions and Instructions

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