Oven Baked Sweet and Sour Chicken

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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

Step 1: Preheat the Oven

Preheat your oven to 400°F (200°C) to ensure it reaches the optimal cooking temperature for your chicken.

Step 2: Prepare the Chicken

Cut the chicken into bite-sized pieces. Season with salt and pepper to enhance the flavor before cooking.

Step 3: Coat the Chicken

In a medium bowl, combine cornstarch and the chicken pieces. Toss until all pieces are well-coated. This will provide a crispy texture when baked.

Step 4: Mix the Sauce

In a separate bowl, whisk together the sweet and sour sauce ingredients until smooth. This will serve as the flavorful glaze.

See also Mango Ice Cream

Step 5: Arrange the Chicken

Place the coated chicken pieces in a single layer on a baking sheet lined with parchment paper for easier cleanup.

Step 6: Bake the Chicken

Bake the chicken in the preheated oven for 20-25 minutes or until fully cooked and golden brown, flipping halfway through for even cooking.

Step 7: Combine with Sauce

Once the chicken is cooked, remove it from the oven and pour the sweet and sour sauce over the chicken. Ensure every piece is well-coated.

Step 8: Bake Again

Return the coated chicken to the oven and bake for an additional 10 minutes to let the sauce set and caramelize slightly.

Step 9: Serve

Remove the chicken from the oven and serve it hot, garnished with sesame seeds or green onions if desired.

Notes

Note 1: Chicken Options

You can use either chicken breasts or thighs, depending on your preference for tenderness and flavor.

Note 2: Sauce Adjustments

Feel free to adjust the sweetness or tanginess of the sauce by adding more sugar or vinegar according to your taste.

Note 3: Serving Suggestions

This dish pairs well with rice or steamed vegetables for a complete meal.

Note 4: Storage

Leftover sweet and sour chicken can be stored in an airtight container in the refrigerator for up to three days. Reheat in the microwave before serving.

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Cook techniques

Oven Baking

Using the oven provides an even cooking temperature and helps to achieve a crispy texture without the need for frying.

Marinating

Allowing the chicken to marinate enhances the flavor and tenderness, resulting in a more delicious and succulent dish.

See also Crispy Air Fryer Buffalo Cauliflower Recipe

Using a Whisk

A whisk can be beneficial for thoroughly mixing the sauce ingredients, ensuring a uniform flavor throughout the dish.

Coating the Chicken

Properly coating the chicken in a batter or sauce before baking is essential for creating a delicious crust and maximizing flavor.

Monitoring Cooking Time

Keeping an eye on the cooking time prevents overcooking, which can dry out the chicken and affect its texture.

Using a Meat Thermometer

Employing a meat thermometer helps ensure that the chicken reaches

the appropriate internal temperature for safety and optimal texture.

FAQ

Can I use chicken thighs instead of breasts?

Yes, chicken thighs can be used for a juicier and more flavorful option.

What if I don't have a whisk?

A fork or a spoon can also effectively mix the sauce if a whisk is not available.

How can I make the dish spicier?

Adding chili sauce or red pepper flakes to the marinade or sauce can increase the heat level.

Can I prepare this in advance?

Yes, you can marinate the chicken and prepare the sauce ahead of time; just store them separately until you are ready to bake.

What side dishes pair well with this chicken?

Rice, steamed vegetables, or a fresh salad complement the flavors of sweet and sour chicken nicely.

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Conclusion

Transforming chicken into a vibrant sweet and sour dish is a delightful way to satisfy your taste buds. The oven-baked method not only ensures a healthy alternative but also enhances the flavors, making it a perfect meal for any occasion. Enjoy the blend of tangy and savory notes that this dish brings to your table!

More recipes suggestions and combination

Vegetable Stir-Fry

Pair your sweet and sour chicken with a colorful vegetable stir-fry. Use bell peppers, broccoli, and snap peas to complement the dish.

See also Delicious Macaroni Salad Recipe for Every Occasion

Fried Rice

Serve your chicken alongside fried rice for a satisfying meal. Incorporate peas, carrots, and scrambled eggs for added flavor and texture.

Pineapple Salsa

Create a fresh pineapple salsa to add a tropical twist. Combine diced pineapple, red onion, cilantro, and lime juice for a refreshing side.

Sweet and Sour Meatballs

Try sweet and sour meatballs as an alternative. Use ground beef or turkey mixed with breadcrumbs and your favorite sauce for a hearty dish.

Rice Noodles

Consider serving sweet and sour chicken over rice noodles for a different texture. Toss with vegetables and a light sauce for a fulfilling meal.

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