


Sweet-and-sour fried chicken with fresh capsicum pepper

45 min 

2 

4 

10 min 



Ingredients

400 g (14 oz.) chicken breast, 2 eggs, 150 g (5 oz.) Schär Bread crumbs, salt and pepper, 3 red capsicum (bell) peppers, 1 tablespoon sesame seeds, oil for frying as needed. Ingredients for the sweet-and-sour sauce: 180 ml (3/4 cup) water, 90 ml (6 tablespoons) vinegar, 80 g (3 oz.) sugar, 3 tablespoons tomato sauce, 1 tablespoon Schär Classic white bread mix

Method

Cut up the chicken breast into pieces that are not too small. In a deep plate, beat the eggs together with the salt and pepper. In another plate, mix the breading mixture with the sesame seeds. Dip the pieces of chicken first into the egg, then coat them in the breadcrumbs. Mix all the ingredients for the sweet-and-sour sauce in a saucepan and heat over a low flame, allowing the mixture to thicken. Then place it aside and allow it to cool. Cut the peppers into small pieces, fry with oil in a frying pan, drain, and keep warm. Fry the pieces of chicken in a frying pan with plenty of oil until crispy and fully cooked. Then transfer the chicken to kitchen paper (paper towels) to drain the excess oil. Mix the chicken with the peppers. Arrange on a serving plate and pour the sweet-and-sour sauce on top.

