

Sweet and Sour Chicken

12-16 ounce box of frozen, breaded popcorn chicken

1 large, diced green pepper (1 inch square)

1 small, diced yellow onion (1 inch square)

2 medium carrots-cleaned and sliced thin (1/8th inch thick into coin shape)

8 ounce can-drained pineapple chunks

1 jar Oriental Secrets Traditional Sweet and Sour Sauce

1. Prepare popcorn chicken as instructed on box.
2. Preheat a skillet or wok over high heat and add 2 tablespoons vegetable oil.
3. Add green peppers, onions and carrots. Stir fry carrots first for 3-5 minutes, then add green peppers and onions cook until fluorescent in color
4. Stir in Oriental Secrets Sweet and Sour sauce and simmer for 3 minutes.
5. Gently stir in chicken and pineapple chunks.
6. Serve over steamed rice.

Makes 4-6 servings.