PANDA EXPRESS SWEET FIRE CHICKEN

F   EASY

Last Modified: 01/17/2016

PREP: 15 Min
COOK: 30 Min
STOVETOP

BAR & RESTAURANT COPY

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Chicken Breasts (Boneless / Skinless)	1" Chunks
1/2	Cup	Vegetable Oil (For Frying)	
1	Cup	All Purpose Flour	
2	Large	Eggs	Beaten
3	Stalks	Green Onions (Greens & Whites)	Thin Sliced
1/2	Cup	Sweet Chili Sauce (Mae Ploy)	To Taste

SWEET FIRE SAUCE			
1	Tbsp	Olive Oil	
1	Medium	Red Hot Chili Pepper (Seeded)	Minced
1 1/2	Cups	Canned Pineapple Chunks	Diced

PREPARATION

OPTION	This Sweet Fire Sauce is GREAT on just about anything you can imagine being cooked on the grill: Shrimp, Shish Kebob, Chicken, Beef, etc.
FACTOID	Technically, Sweet Fire Chicken is made using only Breast Meat. Some Restaurants have recently begun to add in a little Thigh Meat.
TOOLS	1) Large Stainless Steel Skillet 2) 2 - Pie Tins (Dredging Station)
PREP	**DISH** 1) Cut the Chicken Breasts into 1" chunks and set them aside. 2) Thinly slice the Green Onion greens and whites and set them aside. 3) Thinly slice the seeded Bell Pepper, dice it into small pieces and set it aside.
1	In a large skillet over medium high heat, heat the Vegetable Oil until it shimmers.
2	Working one at a time, dredge the Chicken Chunks in Flour, dip each into the Eggs, then dredge in the Flour again, pressing to coat evenly. Wait 15 minutes before frying.
3	Working in batches, add the Breaded Chicken to the skillet, 3 or 4 at a time, and cook until evenly golden and crispy, about 2 minutes on each side. Transfer them to a paper towel-lined plate. Discard any Oil left in the skillet & wipe dry with a paper towel.
4	In the same skillet, still over medium high heat, add in the Olive Oil and heat until it shimmers. Add in the Chili Pepper and Pineapple and cook, stirring occasionally, until tender, about 3 to 4 minutes. Stir in the Sweet Chili Sauce to taste until well combined, Add in the Chicken and cook for about 1 to 2 minutes more.
SERVE	Serve while hot, garnished with Green Onions.