

SWEET & SOUR DELIGHT



Ingredients (makes 4-5 servings):

- 1½ C of dry textured soy protein
- 2 bell peppers, chopped – 1 green, 1 red
- ½ an onion
- 1 clove of garlic
- 1 C pineapple chunks (@10oz)
- 2 tsp salt & pepper
- 1 tsp mushroom seasoning
- 2 tsp corn starch
- 1½ C vegetable oil
- splash of sesame oil

Sweet & Sour Sauce

- 3 Tbsp ketchup
- 2 Tbsp vinegar
- 2 Tbsp sugar
- 2 Tbsp pineapple juice
- a pinch of Salt

Directions:

1. Soak the soy protein chunks in hot water for 10-15 minutes
2. Squeeze the water out of the chunks
3. Marinate chunks with salt, pepper, mushroom seasoning, and corn starch. Let sit 10-15 minutes
4. Pour oil into a deep pot and heat until medium hot
5. Deep fry the marinated chunks until golden brown, then remove from oil
6. Pour oil out of the pan, leaving roughly 2 tablespoons oil in the pan
7. Stir fry the onion & garlic in the remaining oil, then pour sauce into mix
8. Add the pre-fried chunks, then stir fry
9. Add chopped bell peppers, then stir fry
10. Add pineapple, then stir fry
11. If the dish is too watery, add some corn starch to thicken the sauce
12. Add a little sesame oil for flavor and shine in the final dish