

Sweet & Sour “Chicken”

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes



**Vegetarian & Vegan
Meats & Treats**

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Ingredients:

- *2 cups Plant Basics Hearty Plant Protein Strips
- 3 cups water
- 3 tbsp. vegetable or olive oil
- 1/2 cup chopped yellow onion
- 4 garlic cloves, thinly sliced
- 1-16oz. bag frozen or fresh stir fry mix (or 4 cups of fresh chopped veggies)
- 1/3 cup water
- 3 tbsp. vinegar
- 4-5 tbsp. brown sugar (depending on how sweet you like the sauce)
- 2 tbsp. corn starch
- 1- 8oz. can pineapple chunks + the juice
- 1- 15oz. can baby corn, drained

Directions:

- 1) Combine the Hearty Protein Strips and 3 cups water and boil until tender (12-15 minutes).
- 2) Transfer the tender Protein Strips to a colander, drain the excess water, and press out as much water as possible.
- 3) In a large, non-stick skillet, heat the oil over medium heat, add the drained Protein Strips. Sauté, stirring occasionally, until the strips have browned (7-10 min).
- 4) Add the onion, garlic, and veggies and sauté until the onion begins to turn translucent (3-5 minutes).
- 5) In medium sized bowl, make the sauce by stirring together 1/3 cup water, vinegar, brown sugar, and corn starch.
- 6) Add the mixed sauce, pineapple with all the juice from the can, and baby corn, and simmer until the sauce has thickened and everything is heated through (2-3 minutes).

Serving suggestions:

- Serve over steamed rice
- Side Dishes:
 - o Vegetable Spring Rolls or Vegetable Dumplings



INGREDIENTS



STEP 1



STEP 3



SERVED

*Available on [FakeMeats.com](https://www.FakeMeats.com)

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