

RECIPE: Pad Prieu Whan – Sweet and Sour with Chicken or Fish

Ingredients

2 tablespoons soy oil
150gr fish or chicken
1 spring onion
1/2 spur chili
200gr pineapple, cubed, 1cm wide, 3cm long
100gr carrots, cubed
100gr cucumber, cubed
100gr tomatoes, cubed

Ingredients for the sauce

2 tablespoons tomato sauce
1/3 tablespoon fish sauce
1/2 teaspoon sugar
1/2 teaspoon oyster sauce
1 pinch of salt

Preparation

Coat the fish or chicken in the corn flour, then deepfry in a soy oil until it turns golden-brown.

Panfry the garlic in soy oil. Then add the fruit and vegetables, keep stirring for a few minutes. Add the sauces and sugar. Add spring onion.

Place the fish on a plate and pour the vegetable mix on top. Serve with steamed rice.