Chicken oyster in tempura with noodles and sweet and sour sauce

10 persons



Ingrediënten

- 10 Chicken oysters
- 50 g cornstarch
- 160 g flour
- 30 g baking powder
- 2 dl water
- 10 g chicken herbs
- 2 mangos
- 4 red bell peppers
- 1 bunch of spring onions
- Groundnut oil
- Pepper & salt
- 500 g noodles
- Sweet and sour sauce: 2 eggs, dash of groundnut oil, 75 g sugar, 1 dl vinegar, 150 g ketchup, 1 dl chicken stock, 1 tablespoon sambal oelek, ¼ bunch of coriander

Bereiding

Mix the corn starch, flour, baking powder and water. Pull the Chicken oysters into pieces, dip them in the batter and fry them until they are a beautiful golden brown.

Cut open the mango and cut it into pieces.
Clean the bell peppers and cut into large pieces. Now clean the spring onions cut into pieces 2 to 3 cm long. Mix these and add a dash of groundnut oil, season with pepper and salt. Grill the mango together with the vegetables.

Boil the noodles and mix them with the mango and vegetables. Pour a dash of groundnut oil into a wok and put in the eggs.
Fry them briefly, mix and add the sugar, vinegar, ketchup and stock. Boil and add the sambal and finely chopped coriander. Season with pepper and salt.

Arrange everything in a dish and serve with the sauce. Finish with a few sprigs of coriander.

Meer lekkere recepten op Volys.be!

Volys - Oudstrijderslaan 11, B-8860 Lendelede, Belgie
Tel: (32) (0)51 335020 - Fax: (32) (0)51 314815 - www.volys.be - info@volys.be