

Spicy Pineapple Chicken Stir Fry

By QueenSashy

A no effort sweet and spicy stir fry. The marinade also works magic on pork and salmon.

Serves 4

- 8 ounces pineapple
 - 1/3 cup soy sauce
 - 1/3 cup molasses
 - 3 tablespoons malt vinegar
 - 1 tablespoon ketchup
 - 1 tablespoon sriracha (this will be pretty mild, add more for extra heat)
 - 2 cloves garlic, crushed
 - 1/2 teaspoon grated ginger
 - 2 pounds chicken, cut into one inch cubes
 - 3 tablespoons vegetable oil
 - Some red pepper flakes (optional)
1. In a blender pure the pineapple. Add the soy sauce, molasses, vinegar, ketchup, sriracha, garlic, and ginger, and mix well. Cover the chicken with the marinade and leave in the refrigerator for about six hours.
 2. In a large sauté pan heat the oil until very hot. Place the chicken and fry for about 15 minutes, until chicken is well done and marinade is reduce to a caramelized coating on the chicken. (Make sure you do not overcrowd the pan, so you may have to do this in batches.) Serve with steamed rice.