



TANGY SWEET AND SOUR CHICKEN LIVERS

HEAT LEVEL 

Indulge in the tangy goodness of our Sweet and Sour Chicken Livers - tender livers cooked in a flavorful sauce for a deliciously unique and satisfying dish.

20 Mins

4 Servings

INGREDIENTS

45 ml (3 Tbsp) cooking oil
500 g chicken livers, finely chopped
30 ml (2 Tbsp) cake flour
1 medium onion, coarsely chopped
3 ml (½ tsp) Spur Seasoning Salt
125 ml (½ cup) Spur Durky Sauce
250 g cherry tomatoes, halved
½ pineapple, peeled and cut into quarters
30 ml (2 Tbsp) light brown sugar
Freshly ground black pepper, to taste
Fresh, chopped mixed herbs, for garnishing

METHOD

- 1 Heat oil in a heavy-based frying pan. Mix chicken livers with the flour. Add to pan and fry for a few minutes.
- 2 Add onion and continue to fry. Add more oil if required. Add Spur Seasoning Salt, Spur Durky Sauce, tomatoes, pineapple, sugar and pepper and fry lightly for 10 minutes. Garnish with fresh herbs and serve with pita breads.

VARIATIONS

None

