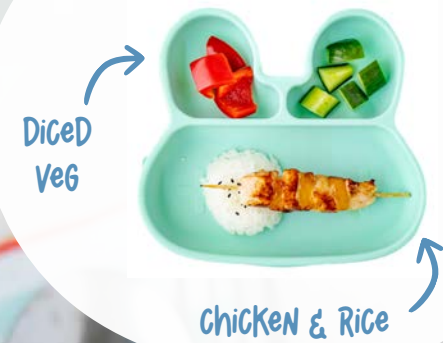


for the
little ones

Pineapple Chicken Bowl

Fun, delicious and healthy! Diced chicken breast served on sticky rice with tropical pineapple, crunchy veggies & aioli drizzle.



20 Minutes



4 Servings



Chicken

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FROM YOUR BOX

SUSHI RICE	300g
PINEAPPLE RINGS	1 tin
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
DICED CHICKEN BREAST	600g
TERIYAKI SAUCE	1 sachet
SESAME SEEDS	10g
AIOLI	100g

FROM YOUR PANTRY

oil for cooking (sesame or other)

COOKING TOOLS

saucepan or rice cooker, large frypan

If you prefer a dressing to aioli, combine the pineapple juice (from tin) with 3 tbsp soy sauce, 2 tbsp sesame oil and 2 tbsp apple cider/white wine vinegar.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the RICE

Rinse sushi rice.

Place in a saucepan with 650ml water. Cover and bring to a boil. Reduce heat to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.

tip Use a rice cooker if you have one!



4. COOK the CHICKEN

Add diced chicken to hot pan with **oil** and cook until golden all over. Add teriyaki sauce sachet and cook for a further 1-2 minutes or until chicken is cooked through.

tip Allow the chicken to turn golden on one side before turning.



2. COOK the PINEAPPLE

Heat a large frypan over medium-high heat. Drain and add pineapple and cook for 3 minutes on each side or until golden. Remove and keep pan over heat for step 4.

tip If you are not using a non-stick pan, you may need to add a little oil, or use baking paper in the base.



5. FINISH AND SERVE

Slice pineapple (if desired).

Divide rice among bowls. Top with chicken, pineapple and fresh toppings. Garnish with sesame seeds and a dollop or drizzle of aioli.



3. PREPARE the TOPPINGS

In the meantime, dice or slice capsicum and cucumbers.

tip Add any of your favourite veggies to this bowl such as carrot, avocado, tomatoes or cabbage!