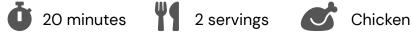






# Pineapple Chicken Fried Rice

Sweet and savoury fried rice with a tropical feel! Diced chicken breast tossed with pineapple rice with all the colourful veggies, flavoured with kaffir lime leaves and sweet chilli sauce.







# Garnish it!

You can add some cashews, peanuts or fried shallots to garnish if you have some!

PROTEIN TOTAL FAT CARBOHYDRATES

53g

#### FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN BREAST	300g
RED CAPSICUM	1
KAFFIR LIME LEAF	1
CHIVES	1 bunch
CARROT	1
TINNED PINEAPPLE	225g

#### FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce, 1 garlic clove

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Reserve the pineapple juice and add it at the end if you prefer a sweeter flavour. You could also mix the juice with some ice water for a refreshing drink!



#### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml** water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



#### 2. STIR-FRY THE CHICKEN

Heat a pan with 1/2 tbsp sesame oil over medium-high heat. Add chicken and cook for 5 minutes until sealed and golden.



#### 3. ADD THE VEGETABLES

Dice capsicum, slice kaffir lime leaf and 1/2 bunch chives (reserve remaining). Add to pan as you go along with 1 crushed garlic clove (add more oil if needed). Cook for further 2 minutes.



### 4. TOSS THE RICE

Grate carrot and drain pineapple (see notes). Add along with cooked rice to pan. Toss together with 1 1/2 tbsp soy sauce and 1 1/2 tbsp sweet chilli sauce (or more to taste) until well combined.



## **5. FINISH AND SERVE**

Divide fried rice among bowls. Garnish with remaining chopped chives.



**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



