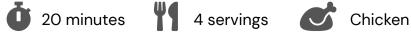






Pineapple Chicken Fried Rice

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

FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN BREAST	600g
BROWN ONION	1
RED CAPSICUM	1
KAFFIR LIME LEAVES	2
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 **600ml 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 tbsp sesame oil** over medium-high heat. Add chicken and cook for 5 minutes until sealed and golden.



3. ADD THE VEGETABLES

Dice onion and capsicum, slice kaffir lime leaves 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 2 tbsp soy sauce and 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.





