



Product Spotlight: Pineapple

A pineapple is neither an apple nor a pine. It's actually a berry!

This essential summer fruit is high in vitamin C.



Huli Huli Hawaiian Chicken Bowl

A tropical bowl full of colour and flavour! Diced chicken pieces cooked in a sweet and savoury pineapple, soy sauce, and served on a bed of rice, finished with fresh toppings and cashews.



25 minutes



2 servings



Chicken

Make a fried rice!

You can stir-fry the chicken, pineapple and tomatoes with the rice and flavour it with tomato sauce, garlic and soy sauce. Serve with cashews and cucumber on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	23g	122g

FROM YOUR BOX

BASMATI RICE	150g
TINNED PINEAPPLE PIECES	225g
LIME	1
TOMATO SAUCE	1 jar
DICED CHICKEN BREAST	300g
AVOCADO	1
LEBANESE CUCUMBER	1
TOMATO	1
CASHEWS	1 packet

FROM YOUR PANTRY

oil for cooking, smoked paprika, soy sauce, cornflour, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

We used brown sugar for this recipe.



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. PREPARE THE SAUCE

Drain **pineapple** juice into a bowl. Whisk together with zest and juice from 1/2 lime (wedge remaining), **tomato sauce**, **2 tsp cornflour**, **1 tbsp sugar** and **2 tbsp soy sauce** until combined (see notes). Set aside.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **1 tsp paprika** and **1 tsp soy sauce**. Add to pan and cook for 6–8 minutes until browned (see step 5).



4. PREPARE THE TOPPINGS

Meanwhile, dice **avocado**, **cucumber** and **tomato**. Set aside with **pineapple pieces**.



5. FINISH THE CHICKEN

Pour prepared sauce into pan with chicken. Simmer for 2–3 minutes until reduced. Season with more **soy sauce** to taste.



6. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Chop **cashews** and use to garnish.



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