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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pineapple

A pineapple is neither an apple nor a pine. It's actually a cluster of tiny berries that fuse together into one fruit as it grows!

Huli Huli Hawaiian Chicken Bowl

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

25 minutes | 4/6 servings | Chicken

Make crispy rice bites!

Press the cooled sushi rice into a flat layer, cut into squares and pan-fry in a little oil until golden and crisp. Top with the chicken, pineapple and fresh toppings for a fun twist.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g/41g	13g/15g	59g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
TINNED PINEAPPLE PIECES	225g	2 x 225g
LIME	1	2
TOMATO SAUCE	1 jar	2 jars
DICED CHICKEN	600g	600g + 300g
AVOCADO	1	2
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CASHEWS	1 packet	2 packets

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.

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1. COOK THE RICE

Place **sushi rice** in a saucepan, cover with **650ml water.** Bring to a boil, cover with a lid and reduce to medium-low. Cook 10–15 minutes or until water is absorbed.

6P - use 975ml water for the rice.



2. PREPARE THE SAUCE

Drain **pineapple juice** and whisk with **zest and juice of 1/2 lime** (wedge remaining), **tomato sauce, 2 tsp cornflour, 1 tbsp sugar and 2 tbsp soy sauce**.

6P - whisk pineapple juice with zest and juice of 1 lime, tomato sauce, 1 tbsp cornflour, 2 tbsp sugar and 3-4 tbsp soy sauce.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil.** Coat **chicken** with **2 tsp paprika** and **1/2 tbsp soy sauce**. Add to pan and cook for 6-8 minutes until browned (see step 5).

6P - use 3 tsp paprika and 1 tbsp soy sauce for the chicken.



4. PREPARE THE TOPPINGS

Meanwhile, dice **avocado, cucumber** and **tomatoes**. 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, lime wedges** and **toppings** among bowls. Chop **cashews** and use to garnish.

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