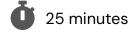






Huli Huli Hawaiian Chicken Bowl

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI 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.





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.

6P - cover rice with 900ml water.



4. PREPARE THE TOPPINGS

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



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.



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.



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.



6. FINISH AND SERVE

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

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 **0448 042 515** or send an email to hello@dinnertwist.com.au



