



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



4/6 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
	45g	13g	89g

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.



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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.

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