



Product Spotlight: Kaffir Lime Leaves

Kaffir lime leaves, commonly used in Asian cooking, are rich in oils, so only a couple of leaves are needed to add fragrant flavour.



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.



20 minutes



2 servings



Chicken

Garnish it!

You can add some cashews, peanuts or fried shallots to garnish if you have some!

Per serve: **PROTEIN** 36g **TOTAL FAT** 6g **CARBOHYDRATES** 46g

FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN BREAST	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CARROT	1
TINNED PINEAPPLE	440g
KAFFIR LIME LEAF	1
GARLIC CLOVE	1

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

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! Use pineapple to taste.



1. COOK THE RICE

Place **rice** in a saucepan and 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. STIR-FRY THE CHICKEN

Heat a pan with **1/2 tbsp sesame oil** over medium–high heat. Add **chicken** and cook for 5 minutes until sealed and golden.



3. PREPARE THE VEGETABLES

Slice **spring onions** (save some tops for garnish) and dice **capsicum**. Julienne or grate **carrot**. Drain and slice **pineapple** if needed (see notes). Slice **kaffir lime leaf**. Keep separate.



4. COOK THE VEGETABLES

Add **spring onions, capsicum, kaffir lime leaf** and crushed **garlic** to pan (add more **oil** if needed). Cook for 2 minutes until fragrant.



5. TOSS THE RICE

Add **carrot, pineapple** and **cooked rice** to pan. Toss together with **1 1/2 tbsp soy sauce** and **1 1/2 tbsp sweet chilli sauce** until well combined.



6. FINISH AND SERVE

Divide **fried rice** among bowls. Garnish with **spring onion slices**.



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