



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 servings



Chicken

Garnish it!

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

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	7g	47g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
DICED CHICKEN BREAST	600g	600g + 300g
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
CARROT	1	2
TINNED PINEAPPLE	440g	440g
KAFFIR LIME LEAVES	2	3
GARLIC CLOVE	1	2

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!



1. COOK THE RICE

Place **rice** in a saucepan and 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.



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 **kafter lime leaves**. Keep separate.



4. COOK THE VEGETABLES

Add **spring onions, capsicum, kaffir lime leaves** 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 **2 tbsp soy sauce** and **2 tbsp sweet chilli sauce** until well combined.

6P – Toss together with 3 tbsp soy sauce and 3 tbsp sweet chilli sauce.



6. FINISH AND SERVE

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



Scan the QR code to
submit a Google review!

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**

