



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

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.



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



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.

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!



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**.



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