



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Ginger


Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



3 Pineapple Fried Rice with Chicken

Chinese five spice chicken breast served with fried rice tossed with pineapple, cashews and veggies.

 20 minutes

 2 servings




 Chicken

20 August 2021

Make skewers!

Thread the diced chicken, capsicum and pineapple onto skewers and grill! Serve with the fried rice but use sweet chilli sauce for flavour instead of the Chinese five spice.

FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN BREAST 	300g
SPRING ONIONS	3*
GINGER	1 piece
YELLOW CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
GARLIC CLOVE	1
TINNED PINEAPPLE	1 tin
CASHEW NUTS	1 packet (50g)
 MIXED ASIAN MUSHROOMS	1 punnet
 BEAN SHOOTS	1 bag

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking (sesame or other), pepper, Chinese five spice (see notes), soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Flavour the chicken and rice with sweet chilli sauce instead of Chinese five spice if you prefer!

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low 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 **oil** over medium-high heat. Add chicken, season with **1 tsp Chinese five spice** and **1 tsp soy sauce**. Stir-fry for 6-7 minutes or until chicken is cooked through. Remove to a plate, keep pan over medium heat.

 **VEG OPTION** - Skip this step



3. PREPARE THE VEGETABLES


In the meantime, slice spring onions (reserve green tops), grate ginger to yield roughly 1/2 tbsp and slice capsicum. Trim, rinse and chop Asian greens. Keep separate.

 **VEG OPTION** - Prepare as above, trim and slice Asian mushrooms.



4. COOK THE VEGETABLES

Add **oil** to pan along with spring onions, ginger, **1 tsp five spice** and crushed garlic. Cook for 3-4 minutes then add capsicum and Asian greens. Cook until softened.

 **VEG OPTION** - Cook as above in a heated frypan, adding mushrooms as well. Season with **1 tsp Chinese five spice**.




5. TOSS IT ALL TOGETHER

Drain and chop pineapple. Toss into pan with rice and cashew nuts, combine well. Season with **1-2 tbsp soy sauce** (to taste) and **pepper**.



6. FINISH AND SERVE

Serve pineapple fried rice topped with five spice chicken and spring onion tops.

 **VEG OPTION** - Serve pineapple fried rice topped with bean shoots and spring onion tops.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

