

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pineapple

A pineapple is not an apple nor a pine.
It's actually a berry! This essential
summer fruit is high in vitamin C.



2 Hawaiian Chicken Traybake

A colourful medley of chicken, pineapple and vegetables baked in the oven, served over rice and finished with a sweet and sour sauce.

 25 minutes

 2 servings




 Chicken

10 September 2021

Switch it up!

You can transform this dish into a pineapple fried rice! Simply stir fry the chicken, pineapple and vegetables in a wok. Toss through the cooked rice with some soy sauce and serve with lime.

FROM YOUR BOX

BASMATI RICE	150g
RED CAPSICUM	1
TINNED PINEAPPLE	225g
RED ONION	1/2 *
DICED CHICKEN BREAST 	300g
BBQ SAUCE	1/3 cup *
LIME	1
KALE COLESLAW	1/2 bag *
CHIVES	1/3 bunch *
 BABY KING OYSTER MUSHROOMS	1 packet
 CASHEWS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY


oil for cooking, salt, pepper, ground paprika

KEY UTENSILS

saucepan with lid, oven tray

NOTES

You can add lime zest to the tray bake for added flavour.

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



1. COOK THE RICE


Set the oven to 220°C.

Place rice in a saucepan, cover with x 1.5 amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE TRAYBAKE

Chop capsicum and pineapple (reserve juice). Slice onion. Toss all together with diced chicken on a lined oven tray along with 1 tsp paprika, oil, salt and pepper (see notes). Bake in oven for 15 minutes.

 **VEG OPTION** - Prepare vegetables as above. Toss with mushrooms.




3. PREPARE THE SAUCE

Combine 1 tbsp pineapple juice, juice from 1/2 the lime (wedge remaining) and 1/3 cup BBQ sauce. Season with **salt and pepper**. Set aside.



4. TOSS THE VEGETABLES


Toss the kale coleslaw through the cooked chicken and vegetables.

 **VEG OPTION** - Toss the kale coleslaw through the cooked vegetables.



5. FINISH AND PLATE

Divide rice, chicken and vegetables among bowls. Spoon over sauce to taste and serve with lime wedges. Slice chives and use to garnish.

 **VEG OPTION** - Divide rice and vegetables among bowls. Slice chives and chop cashews for garnish. Serve with sauce (to taste) and lime wedges.

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

