



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

 4 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 chopped vegetables in a wok. Toss through the cooked rice with some soy sauce and serve with lime.

FROM YOUR BOX

BASMATI RICE	300g
RED CAPSICUM	1
GREEN CAPSICUM	1
RED ONION	1
TINNED PINEAPPLE	225g
DICED CHICKEN BREAST 	600g
BBQ SAUCE	1/2 cup *
LIME	1
ASIAN GREENS	1 bunch
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

frypan, saucepan with lid, oven tray

NOTES

Rinse the Asian greens after they are cut in half to remove any sand.

 **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.




4. COOK THE ASIAN GREENS

Heat a frypan over medium-high heat with **oil**. Halve Asian greens lengthways and cook for 3-4 minutes each side or until tender (see notes).



2. PREPARE THE TRAYBAKE


Chop capsicums and slice onion. Toss together with pineapple pieces (reserve juice) and diced chicken on a lined oven tray along with **2 tsp paprika, oil, salt and pepper**. Bake in oven for 15 minutes.

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



5. FINISH AND SERVE

Divide rice, chicken and vegetables among bowls. Slice chives and use to garnish. Serve with sauce (to taste) and lime wedges.

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



3. PREPARE THE SAUCE

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

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**

