



# Hawaiian Veggie Rice Bowl












with Ham and Pineapple

**PRONTO** 35 Minutes



Due to order volume, you may receive an ingredient substitute from the same family for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding!  
Happy cooking!

-  Ham Steaks
-  Pineapple, spears
-  Carrot, julienned
-  Broccoli, florets
-  Corn Kernels
-  Green Onions
-  Garlic
-  Ginger
-  Jasmine Rice
-  Sweet Chili Sauce
-  Soy Sauce

### HELLO PINEAPPLE

*This tropical fruit grows on a low lying bush. It can be used in both savoury and sweet applications!*

## START HERE

Before starting, wash and dry all produce.

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.

### Bust Out

Large Non-Stick Pan, Medium Pot, Paper Towels, Box Grater, Small Bowl, Vegetable Peeler, Measuring Cups, Measuring Spoons, Aluminum Foil

### Ingredients

	2 Person	4 Person
Ham Steaks	300 g	600 g
Pineapple, spears	95 g	190 g
Carrot, julienned	56 g	113 g
Broccoli, florets	227 g	454 g
Corn Kernels	56 g	113 g
Green Onions	2	4
Garlic	6 g	12 g
Ginger	30 g	60 g
Jasmine Rice	¾ cup	1 ½ cup
Sweet Chili Sauce	¼ cup	½ cup
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### 1. PREP

Add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Meanwhile, cut **pineapple** into ½-inch pieces. Thinly slice **green onions**. Cut **broccoli** into bite-size pieces. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Pat **ham steak** dry with paper towels, then cut into bite-sized pieces.



### 4. COOK VEGGIES

Add another **1 tbsp oil** (dbl for 4 ppl), then **broccoli** to the same pan. Cook, stirring occasionally, until tender-crisp, 3-5 min. Add **pineapple, carrots, corn, ginger** and **garlic**. Cook, stirring often, until **pineapple** is warmed through, 1-2 min. Add **ham**, including any **juices** from the plate. Stir together, 30 sec.



### 2. COOK RICE & MIX SAUCE

Add **rice** to the medium pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, stir together **soy sauce** and **sweet chili sauce** in a small bowl. Set aside.



### 5. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide **rice** between plates and top with **veggie-ham mixture**. Spoon over **soy-chili sauce** and sprinkle over **remaining green onions**.



### 3. COOK HAM

Heat a large non-stick pan over medium-high heat. When pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **ham**. Cook, stirring often, until cooked through, 4-5 min.\*\* Transfer **ham** to a plate and cover with foil to keep warm.

## Dinner Solved!