



# Hawaiian-Style Pineapple Chicken

with Sweet Peppers and Jasmine Rice

30 Minutes



Chicken Tenders



Jasmine Rice



Teriyaki Sauce



Chicken Broth Concentrate



Pineapple



Sweet Bell Pepper



Ginger



Cornstarch

HELLO PINEAPPLE

*This fruit adds a sweet, juicy twist to savoury dishes!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Jasmine Rice	¾ cup	1 ½ cups
Teriyaki Sauce	4 tbsp	8 tbsp
Chicken Broth Concentrate	1	2
Pineapple	95 g	190 g
Sweet Bell Pepper	160 g	320 g
Ginger	30 g	60 g
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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### Cook rice

- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



### Cook peppers and pineapple

- Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **peppers**.
- Reduce heat to medium. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Add **ginger** and **pineapple**. Cook, stirring constantly, until fragrant, 1 min.



### Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **pineapple** into ½-inch pieces.
- Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).



### Make sauce

- Add **chicken, teriyaki sauce, broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan with **peppers and pineapple**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



### Cook chicken

- Pat **chicken** dry with paper towels. Cut **tenders** in half, if large, then season with **salt** and **pepper**.
- Add **cornstarch** to a zip-top bag.
- Add **chicken** to the bag, then toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.\*\*
- Transfer to a plate.



### Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **Hawaiian-style pineapple chicken and sauce and veggies**.

## Dinner Solved!