













Sweet 'n' Sour Chicken

with Veggie Fried Rice

Discovery 30 Minutes



-  Chicken Tenders
-  Pineapple, spears
-  Green Bell Pepper
-  Green Peas
-  Carrot
-  Yellow Onion
-  Cornstarch
-  Sweet and Sour Sauce
-  Sesame Oil
-  Soy Sauce
-  Jasmine Rice
-  Green Onions

HELLO SESAME OIL

This fragrant oil adds an irresistible aroma to any Asian-inspired dish!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, vegetable peeler, measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Pineapple, spears	95 g	190 g
Green Bell Pepper	200 g	400 g
Green Peas	56 g	113 g
Carrot	85 g	170 g
Yellow Onion	113 g	226 g
Cornstarch	1 tbsp	2 tbsp
Sweet and Sour Sauce	½ cup	1 cup
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Green Onions	1	2
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 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish chicken

Add **½ tbsp oil** (dbl for 4 ppl) to the pan with **chicken**, then **peppers** and **half the onions**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Add **pineapples**, then **sweet and sour sauce mixture**. Bring to a simmer. Once simmering, cook, stirring often, until **sauce** thickens and **chicken** is cooked through, 1-2 min. ** Season with **salt** and **pepper**, to taste. Transfer to a bowl, then cover to keep warm. Carefully wipe the pan clean.



Prep

While **rice** cooks, cut **pineapple** into ¼-inch pieces. Core, then cut **pepper** into ½-inch pieces. Peel, then cut **half the carrot** into ¼-inch pieces (whole carrot for 4 ppl). Peel, then cut **onion** into ½-inch pieces. Thinly slice **green onions**. Pat **chicken** dry with paper towels, then cut in half. (NOTE: Cut larger tenders into thirds.) Stir together **sweet and sour sauce**, **half the sesame oil**, **half the cornstarch**, **half the soy sauce** and **3 tbsp water** (dbl for 4 ppl) in a medium bowl.



Fry rice

Heat the same pan over medium-high. Add **1 tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring for 1 min. Add **peas** and **remaining onions**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften, 2-3 min. Add **rice**, then drizzle **remaining soy sauce** over top. Stir to combine. Season with **salt** and **pepper**, to taste. Cook, stirring occasionally, until **carrots** are tender-crisp, 3-4 min.



Sear chicken

Heat a large non-stick pan over medium-high heat. While the pan heats, add **chicken**, **remaining cornstarch** and **half the remaining soy sauce** to a large bowl. Season with **salt** and **pepper**, then stir to coat. When the pan is hot, add **remaining sesame oil**, then **chicken**. Cook, stirring occasionally, until golden-brown, 3-4 min.



Finish and serve

Divide **rice** between plates. Spoon **chicken and veggies** over top. Sprinkle with **green onions**.

Dinner Solved!