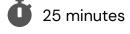




## **Chinese Chicken Fried Rice**

### with Pineapple

Chicken stir-fry strips, Asian greens and sweet pineapple pieces are tossed with an aromatic five-spice blend from GH Produce to create delicious fried rice!





2 servings



# Switch it up!

You can add scrambled eggs to the rice if desired! Switch up the flavours with oyster sauce or sweet chilli sauce and some crushed garlic.

#### FROM YOUR BOX

BASMATI RICE	150g
SHALLOT	1
CARROT	1
ASIAN GREENS	2 bulbs
GINGER	1 piece
TINNED PINEAPPLE	225g
CHICKEN STIR-FRY STRIPS	300g
CHINESE FIVE-SPICE MIX	1 sachet
FRIED SHALLOTS	1 packet

#### FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce

#### **KEY UTENSILS**

large wok or frypan, saucepan

#### **NOTES**

Asian greens can be quite sandy. To prepare, trim and separate the leaves before rinsing.

If you are cooking for young children who prefer milder flavours, start with 1/2 tbsp Chinese five-spice, then add more to taste.



#### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. 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 VEGGIES

Slice shallot and carrot (into crescents). Slice Asian greens (see notes). Peel and grate ginger. Drain pineapple. Set aside.



#### 3. COOK THE CHICKEN

Heat a large frypan or wok over mediumhigh heat with **sesame oil.** Add chicken, shallot and carrot. Cook for 6-8 minutes until browned.



#### 4. COOK THE VEGGIES

Add Asian greens, pineapple and ginger to pan along with 1/2-1 tbsp Chinese-five spice mix (see notes). Cook for 2-3 minutes until fragrant.



#### **5. TOSS THE RICE**

Stir through cooked rice and 1-2 tbsp soy sauce until well combined. Season with salt and pepper to taste.



#### 6. FINISH AND SERVE

Divide rice among bowls. Garnish with fried shallots.

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



