



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: GH Five-Spice

This five-spice mix is a delicious blend of fennel seed, cinnamon, clove, native kunzea and finger lime, all made locally by GH Produce!





B2

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!

 25 minutes

 2 servings

 Chicken

30 September 2022

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 medium-high 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

