




### Product Spotlight: Pineapple


A pineapple is neither an apple nor a pine. It's actually a berry! This essential summer fruit is high in vitamin C.




## Huli Huli Hawaiian Chicken Bowl

A tropical bowl full of colour and flavour! Diced chicken pieces cooked in a sweet and savoury pineapple soy sauce, and served on a bed of rice, finished with fresh toppings and cashews.

 25 minutes

 4 servings

 Chicken

## Make a fried rice!

*You can stir-fry the chicken, pineapple and tomatoes with the rice and flavour it with tomato sauce, garlic and soy sauce. Serve with cashews and cucumber on the side.*

Per serve: **PROTEIN** 56g **TOTAL FAT** 15g **CARBOHYDRATES** 92g

## FROM YOUR BOX

BASMATI RICE	300g
TINNED PINEAPPLE PIECES	225g
LIME	1
TOMATO SAUCE	1 jar
DICED CHICKEN BREAST	600g
AVOCADO	1
LEBANESE CUCUMBER	1
TOMATOES	2
CASHEWS	1 packet

## FROM YOUR PANTRY

oil for cooking, smoked paprika, soy sauce, cornflour, sugar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

We used brown sugar for this recipe.



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### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE SAUCE

Drain **pineapple** juice into a bowl. Whisk together with zest and juice from 1/2 lime (wedge remaining), **tomato sauce**, **2 tsp cornflour**, **1 tbsp sugar** and **2 tbsp soy sauce** until combined (see notes). Set aside.



### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **2 tsp paprika** and **1/2 tbsp soy sauce**. Add to pan and cook for 6–8 minutes until browned (see step 5).



### 4. PREPARE THE TOPPINGS

Meanwhile, dice **avocado**, **cucumber** and **tomatoes**. Set aside with **pineapple pieces**.



### 5. FINISH THE CHICKEN

Pour prepared sauce into pan with chicken. Simmer for 2–3 minutes until reduced. Season with more **soy sauce** to taste.



### 6. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Chop **cashews** and use to garnish.

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