



# Sweet and Sour Inspired Pineapple Chicken with Pepper and Jasmine Rice

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories

26



Bell Pepper



Spring Onion



Garlic Clove



Pineapple Rings



Jasmine Rice



Rice Vinegar



Soy Sauce



Honey



Diced Chicken Breast



Cornflour

**Pantry Items**

Oil, Salt, Pepper, Tomato Ketchup

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, lid, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Pineapple Rings	½ tin	¾ tin	1 tin
Jasmine Rice	150g	225g	300g
Rice Vinegar	15ml	22ml	30ml
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Honey	15g	22g	30g
Diced Chicken Breast**	260g	390g	520g
Cornflour	10g	10g	20g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2281 /545	590 /141
Fat (g)	3.0	0.8
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	87.9	22.7
Sugars (g)	19.8	5.1
Protein (g)	39.4	10.2
Salt (g)	2.41	0.62

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

**11) Soya 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Get Prepped

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press).

Remove the **pineapple** from the tin (see ingredients for amount, keep the **juice** for the **sauce**) and cut into 2cm chunks.



## Fry the Chicken

Pop the **chicken** into a bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat.

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **chicken** and **pepper**, fry until golden brown and cooked through, 8-10 mins. Discard any **cornflour** left in the bowl.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Simmer and Stir

Add the **pineapple** and stir-fry for 1-2 mins more, then add the **sauce**.

Bring to the boil, then lower the heat and gently simmer until slightly thickened, 4-5 mins, then remove from the heat.



## Make the Sauce

Meanwhile, pour all the **pineapple juice** into a bowl and add the **rice vinegar**, **garlic**, **soy sauce** and **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir in the **tomato ketchup** and **water for the sauce** (see pantry for both amounts).

Mix together until fully combined, then set your **sauce** aside.



## Finish and Serve

Taste the **chicken** and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little thick.

When ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **sweet and sour pineapple chicken**, then sprinkle over the **spring onion** to finish.

Enjoy!

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