

DINNERLY



Sweet & Sour Plant-Based Chicken over Rice

with Pineapple & Red Peppers



30min



2 Servings

This plant-based chicken with pineapple is the ultimate blend of savory and sweet that, personally, we can't stop dreaming about. We also threw crunchy bell peppers into the mix and tossed the plant-based chicken in a homemade sweet and sour sauce that you can use for many meals to come. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 bell pepper
- 1 red onion
- 4 oz pineapple cup
- ½ oz tamari soy sauce ⁶
- 2 (¼ oz) cornstarch
- ¼ oz granulated garlic
- 8 oz pkg plant-based chicken ⁶

WHAT YOU NEED

- kosher salt & ground pepper
- ketchup
- distilled white vinegar (or vinegar of your choice)
- sugar
- neutral oil

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 15g, Carbs 99g, Protein 31g



1. Cook rice & prep

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low; cover and cook until rice is tender and water absorbed, about 17 minutes.

Halve **pepper** lengthwise; discard stem and seeds and cut into 1-inch pieces. Halve **onion** lengthwise and cut one half into 1-inch pieces (save rest for own use).



2. Mix sauce

In a small bowl, stir to combine **juice from pineapple cup**, **2 tablespoons each of ketchup and vinegar**, **1 tablespoon tamari** (save rest for own use), **1½ teaspoon cornstarch**, **½ teaspoon sugar**, **¼ teaspoon granulated garlic**, and **¼ cup water**.



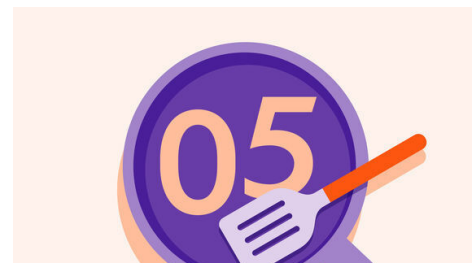
3. Cook plant-based chicken

Toss **plant-based chicken** in **remaining cornstarch**. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** in a single layer and cook, undisturbed, until outer edges are browned and crispy, about 3 minutes. Season to taste with **salt** and **pepper**. Transfer to a plate until step 4.



4. Cook pineapple & peppers

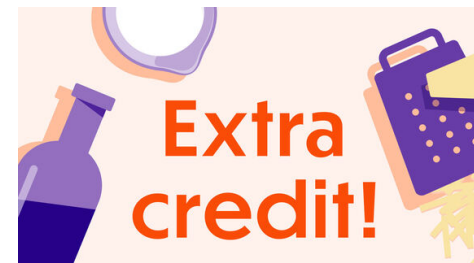
Heat **1 tablespoon oil** over high in same skillet. Add **pineapple**, **onion**, and **peppers**; cook, stirring, until peppers are crisp-tender, 2–3 minutes. Add **sauce** and bring to a boil; cook until thickened and glossy, 1–2 minutes. Add **plant-based chicken** back to skillet; stir to evenly coat in sauce.



5. Finish & serve

Fluff **rice** with a fork.

Serve **sweet and sour chicken** over **rice**. Enjoy!



6. Check us out!

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