



Take-Out Style: Sweet & Sour Chicken Stir-Fry

with Peppers & Green Beans



20-30min



2 Servings

We rebooted a take-out classic, Sweet & Sour Chicken, and made it even better by upping the veggies and adding mouthwatering pineapple for a must-try stir-fry. Green beans and bell peppers turn this decadent-feeling meal into a well-rounded, sensible dinner. Serve the tender chicken, veggies, and velvety sauce over a bed of jasmine rice.

What we send

- 5 oz jasmine rice
- 12 oz boneless, skinless chicken breasts
- 1 bell pepper
- ½ lb green beans
- 1 oz scallions
- 1 pkt chicken broth concentrate
- ¼ oz cornstarch
- 1 oz rice vinegar (use 2 Tbsp)
- 4 oz fresh pineapple

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- small saucepan
- medium skillet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 14g, Carbs 102g, Proteins 47g



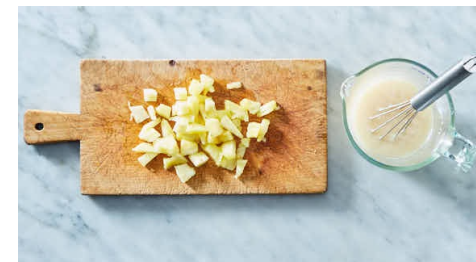
1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

Meanwhile, pat **chicken** dry, then cut crosswise into ¼-inch thick slices. Season with **salt** and **pepper**; set aside until step 4. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces. Trim ends from **green beans**, then cut or snap in half. Trim **scallions**, then thinly slice, keeping dark greens separate.



3. Prep sweet & sour sauce

In a measuring cup, combine **chicken broth concentrate**, **cornstarch**, **2 tablespoons rice vinegar**, **¾ cup water**, **2 tablespoons sugar**, and **½ teaspoon salt**, whisking until sugar dissolves. Coarsely chop **pineapple**.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over high until shimmering. Add **chicken** in a single layer (should sizzle vigorously) and cook, stirring occasionally, until browned and cooked through, about 3-4 minutes. Transfer to a plate.



5. Cook veggies

Add **1 teaspoon oil** and **peppers** to same skillet. Cook, stirring frequently, until crisp-tender, about 2 minutes. Reduce heat to medium-high, then add **green beans** and **scallion whites and light greens**. Cover and cook, stirring occasionally, until veggies are tender and browned in spots, 4-5 minutes (reduce heat if browning too quickly). Transfer to plate with **chicken**.



6. Finish & serve

Stir **sauce**, then add to same skillet over medium heat. Add **chopped pineapple** and bring to a boil. Reduce heat to a simmer and cook until sauce is thick and glossy, about 5 minutes. Return **chicken and veggies** to skillet, tossing to coat. Season to taste with **salt** and **pepper**. Fluff **rice**, then serve topped with **sweet and sour chicken** and **remaining scallions**. Enjoy!