

DINNERLY



Sweet & Sour Chicken over Rice with Pineapple & Red Peppers



30min



2 Servings

The almighty chicken has many famous pairings—waffles, dumplings, rice—but there's one combo that doesn't get its due: chicken and pineapple. That's right, it's 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 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
- 4 oz fresh pineapple
- 1 bell pepper
- ½ lb pkg boneless, skinless chicken breast strips
- ¼ oz granulated garlic
- 2 oz tamari ⁶
- 2 (¼ oz) cornstarch

WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- ketchup
- apple cider vinegar (or white wine vinegar)
- all-purpose flour ¹
- neutral oil

TOOLS

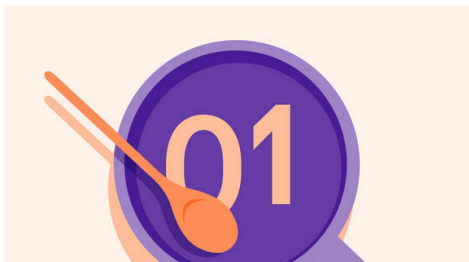
- small saucepan
- medium skillet

ALLERGENS

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

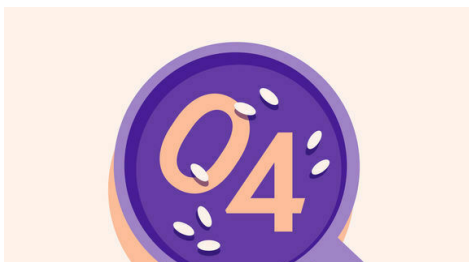
Calories 750kcal, Fat 25g, Carbs 104g, Protein 35g



1. Cook rice & prep

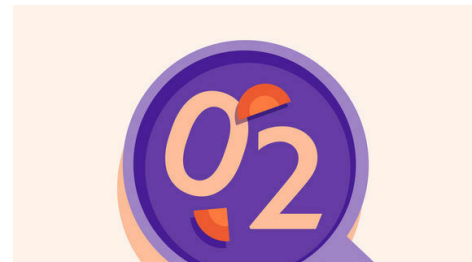
In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low; cover and cook until rice is tender and water absorbed, about 17 minutes.

Cut **pineapple** into 1-inch pieces. Halve **pepper** lengthwise; discard stem and seeds and cut into 1-inch pieces. Cut **chicken** into strips, if needed.



4. Pan-fry chicken

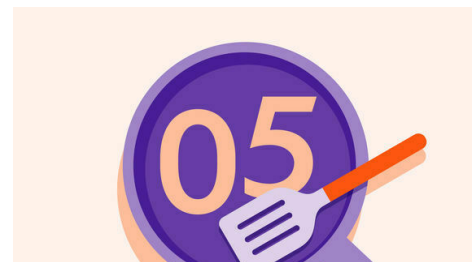
Heat **¼-inch oil** in same skillet over medium-high until shimmering (see our pro tip in step 6!). Working in batches if necessary, add **chicken** in a single layer (it should sizzle vigorously); cook until golden and crisp, 3–4 minutes per side (be careful as oil may splatter). Use a slotted spoon to transfer to a paper towel-lined plate to drain. Season with **salt**.



2. Mix sauce & batter

In a small bowl, stir to combine **¼ teaspoon granulated garlic**, **1 tablespoon tamari** (save rest for own use), **1 teaspoon cornstarch**, **¼ cup water**, **3 tablespoons sugar**, and **2 tablespoons each of ketchup and vinegar**.

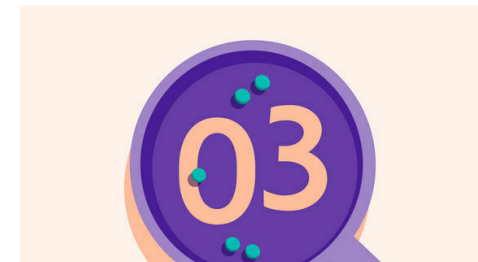
In a medium bowl, add **remaining cornstarch**, **2 tablespoons water**, **1 tablespoon flour**, and **1 teaspoon salt**; stir until smooth. Add **chicken** and stir to coat.



5. Finish & serve

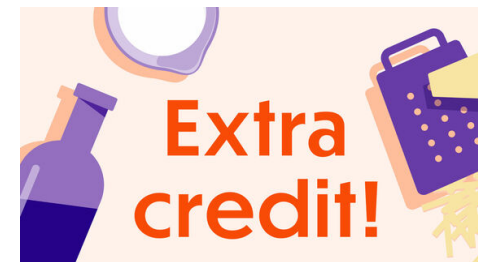
Add **chicken** to bowl with **pineapple and peppers** and toss to coat. Fluff **rice** with a fork.

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



3. Cook pineapple & peppers

Heat **1 tablespoon oil** over high in a medium skillet. Add **pineapple and peppers**; cook, stirring, until peppers are crisp-tender, 2–3 minutes. Add **sauce** and bring to a boil; cook until thickened and glossy, 2–3 minutes. Transfer to a large bowl and cover to keep warm until step 5. Wipe out skillet.



6. Frying tips

To tell if oil is at temperature for frying (350 °F), spoon small droplets of batter into the oil; it should float and sizzle vigorously. Let the chicken fry undisturbed for 1 minute to allow the batter to set.