

# DINNERLY



## Sweet & Sour Chicken over Rice with Pineapple & Red Peppers



30min



2 Servings

This 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 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
- ½ lb pkg chicken breast strips
- 4 oz pineapple cup
- ½ oz tamari soy sauce <sup>6</sup>
- 2 (¼ oz) cornstarch
- ¼ oz granulated garlic

## 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

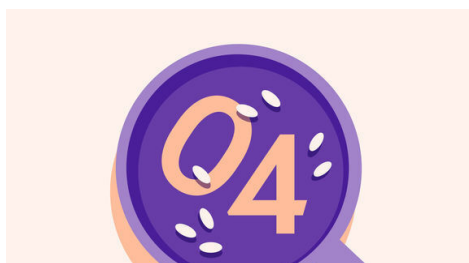
Calories 620kcal, Fat 15g, Carbs 91g, Protein 34g



### 1. Cook rice & prep

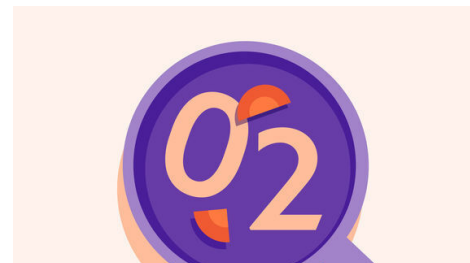
In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low; cover and cook until rice is tender and water absorbed, about 17 minutes.

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). Pat **chicken** dry.



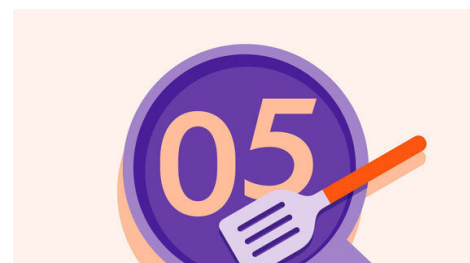
### 4. Cook pineapple & peppers

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 **chicken** back to skillet; stir to evenly coat in sauce.



### 2. Mix sauce

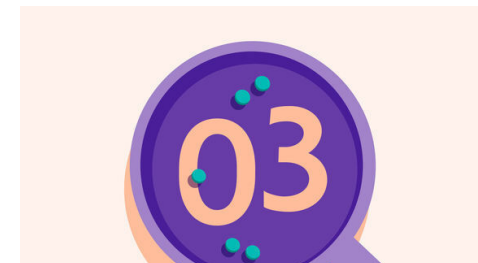
In a small bowl, stir to combine **juice from pineapple cup**, **2 tablespoons each of ketchup and vinegar**, **1 tablespoon tamari** (save rest for own use), **1½ teaspoon cornstarch**, **½ teaspoon sugar**, **¼ teaspoon granulated garlic**, and **¼ cup water**.



### 5. Finish & serve

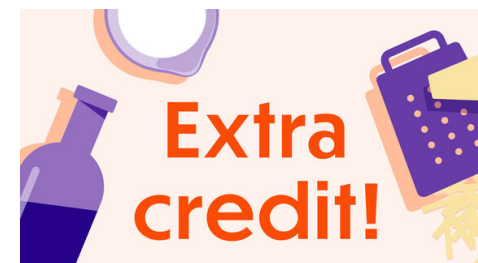
Fluff **rice** with a fork.

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



### 3. Cook chicken

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



### 6. Check us out!

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