

# DINNERLY



## Sweet & Sour Chicken & Brown Rice with Pineapple & Peppers



40-50min



2 Servings

Sweet 'n' sour is an all-time combo, and if you don't agree, these lean chicken breast strips might change your mind. Chicken and pineapple belong together just as much as sweet and sour, especially when they make you feel like you're vacationing on a far off tropical island. The peppers may be third-wheeling, but when they taste this good, we don't mind. We've got you covered!

## WHAT WE SEND

- 5 oz brown rice
- 4 oz pineapple cup
- 2 oz sweet & sour sauce <sup>6</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- 1 green bell pepper
- ½ lb pkg chicken breast strips
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)
- garlic
- neutral oil

## TOOLS

- medium saucepan
- medium skillet

## ALLERGENS

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 550kcal, Fat 14g, Carbs 76g, Protein 35g



### 1. Boil rice & make sauce

Bring a medium saucepan with **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until tender, 35–40 minutes. Drain in a fine-mesh sieve. Set aside for serving.

Meanwhile, drain **pineapple** over a small bowl. To bowl with **pineapple juice**, add **sweet & sour sauce**, **tamari**, and **1 teaspoon vinegar**; stir to combine and set aside.



### 2. Prep & stir-fry veggies

Finely chop **1 teaspoon garlic**. Halve **pepper** lengthwise; discard stem and seeds, then cut into 1-inch pieces. Pat **chicken** dry; season with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over high. Add **pineapple** and **peppers**; cook, stirring, until peppers are crisp-tender, 2–3 minutes.



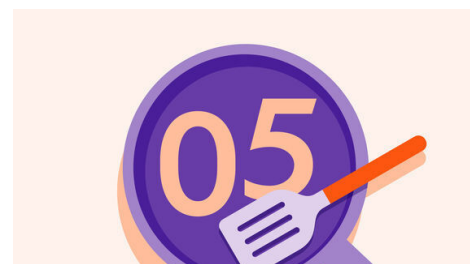
### 3. CHICKEN VARIATION

Reduce heat to medium-high, add **chicken** and **chopped garlic**; cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Add **pineapple juice mixture**; bring to a boil. Cook, stirring, until thickened and glossy, 1–2 minutes.



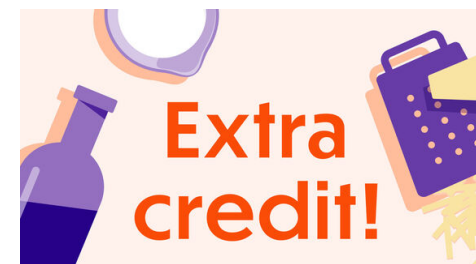
### 4. Serve

Serve **sweet & sour chicken** over **rice** with **toasted sesame seeds** sprinkled over top. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!