

DINNERLY



Sweet & Sour Chicken with Jasmine Rice



30-40min



2 Servings

A lightning-fast main dish you don't have to leave the house for? It's not take-out, it's Dinnerly! Sweet and sour chicken tastes even better when it's homemade, and all you have to do is coat chicken strips in cornstarch, quickly fry them in a pan, and toss with an ultra-delish sauce. Juicy pineapple chunks heighten the bright and tangy flavors, while steamy jasmine rice serves as your base. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 red onion
- 4 oz pineapple cup
- 2 (1½ oz) cornstarch
- 2 oz sweet & sour sauce ⁶
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

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

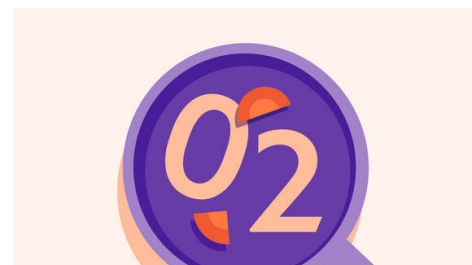
NUTRITION PER SERVING

Calories 740kcal, Fat 17g, Carbs 116g, Protein 33g



1. Cook rice

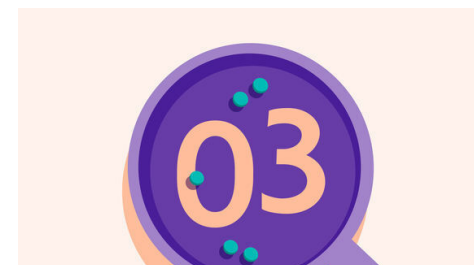
In a small saucepan, combine **rice** and **1¼ cups water**; bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, 17–20 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Cut **half of the onion** (save rest for own use) into 1-inch pieces. Drain **pineapple juice** into a medium bowl; keep **pineapple pieces** separate.

To bowl with juice, whisk in **1½ teaspoons cornstarch** until dissolved. Stir in **sweet and sour sauce**, **¼ cup water**, **1 tablespoon each of vinegar and sugar**, and **¼ teaspoon salt**.



3. Shallow fry chicken

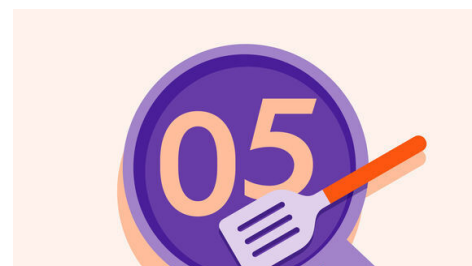
Pat **chicken** dry; season with **salt and pepper**. Place **remaining cornstarch** into a large resealable bag. Add chicken and shake well to evenly coat; transfer to a plate.

In a medium skillet, heat **¼-inch oil** over medium-high until shimmering. Add chicken in a single layer; cook, flipping occasionally, until crisp and cooked through, 4–5 minutes. Transfer to a paper towel-lined plate.



4. Cook sauce

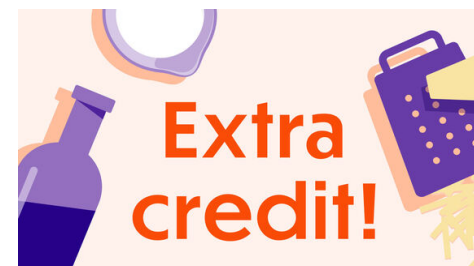
Discard all but **1 tablespoon oil** from skillet; place over medium-high heat. Add **onions** and cook, stirring frequently, until softened, about 1 minute. Stir **sweet and sour sauce mixture** to redissolve cornstarch and add to skillet. Cook until sauce is bubbling and thickened, about 1 minute.



5. Finish & serve

Stir **chicken** and **pineapple** into skillet with **sauce** until warmed through; season to taste with **salt and pepper**.

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



6. How to: Shallow fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.