



## Fast! Sweet & Sour Daring Plant-Based Chicken

with Rice & Peanuts



ca. 20min



2 Servings

Inspired by our favorite Chinese take-out, this fast and flavorful dish hits all the right notes for a busy weeknight. We pair bell peppers and onions with quick-cooking plant-based chicken—but the magic is in the sweet and sour sauce! Pineapple adds brightness and chili-garlic sauce adds a kick of sweet heat. Crunchy peanuts and fresh cilantro garnish the top. The result is quicker than delivery, and tastier too!



## What we send

- 5 oz jasmine rice
- 1 bell pepper
- 1 yellow onion
- 8 oz pkg plant-based chicken <sup>6</sup>
- 2 oz sweet & sour sauce <sup>6</sup>
- ¼ oz cornstarch
- 4 oz pineapple cup
- ½ oz chili garlic sauce
- 1 oz salted peanuts <sup>5</sup>
- ¼ oz fresh cilantro

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- small saucepan
- medium nonstick skillet

## Allergens

Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 25g, Carbs 96g, Protein 33g



### 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 heat 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, halve **pepper**, remove stem and seeds, and cut into 1-inch pieces. Halve **onion** and cut one half into 1-inch pieces (save rest for own use).



### 3. Sear veggies

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **veggies** and **a pinch each of salt and pepper**; cook, stirring occasionally, until softened and just starting to brown, 5–7 minutes. Transfer to bowl.



### 4. Sear plant-based chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based chicken** and cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until plant-based chicken is heated through, about 2 minutes more.

In a small bowl, whisk to combine **sweet and sour sauce**, **2 tablespoons water**, and **1 teaspoon cornstarch**.



### 5. Make sauce

To skillet, add **pineapple and juice**, **sweet and sour sauce mixture**, and **chili-garlic sauce**, if desired; bring to a simmer, stirring, until sauce thickens (about 30 seconds). Reduce heat to medium-low.

Return **veggies** to skillet and turn to coat. If sauce is too thick, thin out with **water**, 1 tablespoon at a time. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Coarsely chop **peanuts**. Coarsely chop **cilantro leaves and stems**.

Fluff **rice** with a fork and spoon onto plates. Top with some of the **sweet and sour plant-based chicken**. Garnish with **chopped peanuts and cilantro**. Enjoy!