



HAWAIIAN CHICKEN

with Pineapple Fried Rice and Asian Slaw



HELLO PINEAPPLE

You cannot make jelly using fresh Pineapple. It contains an enzyme called Bromelain which breaks down the protein molecules.



Chicken Breast



Easy Ginger



Soy Sauce



Pineapple Rings



Green Chilli



Ketchup



Lime



Steamed Basmati Rice



Coleslaw Mix



Coriander

MEAL BAG

15 mins

1.5 of your 5 a day

Little heat

Rapid recipe

Fresh, flavoursome and ready in just 15 minutes, our Hawaii chicken recipe is the perfect thing for busy evenings. Coated in a delicious marinade of soy sauce, ginger, ketchup and pineapple juice, the chicken is cooked under the grill until golden (the aromas in this dish will have your kitchen smelling amazing!) and is served up with pineapple fried rice, fresh wedges of lime and crunchy Asian slaw. Big flavours in no time at all.

GET **PREPARED!**

Preheat your Grill to **High**.

BEFORE YOU START

🔥 **Preheat** your Grill to **High**. 🧼 **Wash** the veggies. 🍴 **Make sure** you've got a **Colander**, **Mixing Bowl**, some **Foil**, a **Baking Tray**, **Large Frying Pan** and **Fine Grater**. Let's start cooking the **Hawaiian Chicken with Pineapple Fried Rice and Asian Slaw**.



1 MAKE THE MARINADE

- Reserving the **juice**, drain the **pineapple rings** using a colander.
- Mix **half** of the **easy ginger**, the **soy sauce**, **ketchup** and 1 tbsp of **pineapple juice** per person in a small bowl. Stir to combine. This is your **marinade**.



2 MARINATE THE CHICKEN

- Cut the **chicken breasts** into 1cm thick strips and pop into a mixing bowl.
- Pour in **half** of the **marinade** and a drizzle of **oil**. Mix to coat the **chicken** evenly. **★ TIP:** *Don't add all of the marinade the rest is for the coleslaw.*
- Pop the **chicken** onto a foil-lined baking tray and grill until done, 12 mins. Turn halfway through cooking. **🚫 IMPORTANT:** *Wash your hands and equipment after handling raw meat! The chicken is cooked when it is no longer pink in the middle!*



3 COOK THE PINEAPPLE AND RICE

- Chop the **pineapple rings** into 1cm pieces. Trim, halve and deseed the **green chilli**. Finely chop into small pieces.
- Heat a splash of **oil** in a large frying pan over medium-high heat.
- Pop the **pineapple**, **green chilli** and the rest of the **easy ginger** into the pan. Cook for 1 minute.
- Stir the **rice** into the pan and cook until piping hot, 2 mins. **★ TIP:** *Stir occasionally to break up any lumps.*



4 MAKE FLAVOUR THE SLAW

- Zest the **lime** then cut into wedges. Roughly chop the **coriander** (stalks and all).
- Pop the **slaw mix** into a large bowl. Mix through **half** the **coriander** and the remaining **marinade** you reserved in Step 2. Season to taste with **salt** and **pepper**.



5 FINISH THE RICE

- Once the **rice** is piping hot, add a good squeeze of **lime juice**, a pinch of **lime zest** and the rest of the **coriander**. Mix well.
- Season to taste with **salt** and **pepper**.
- Remove from the heat.



6 SERVE

- When the **chicken** is cooked, serve the **pineapple fried-rice** on plates with the **chicken strips** on top.
- Pop the **Asian slaw** on the side along with any remaining **lime wedges**.

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chicken Breast *	2	3	4
Easy Ginger *	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	½ sachets	2 sachets
Pineapple Rings	1 tin	1½ tins	2 tins
Green Chilli *	½	¾	1
Ketchup 10)	1 sachet	1½ sachets	2 sachets
Lime *	1	1½	2
Steamed Basmati Rice	1 pack	1½ packs	2 packs
Coleslaw Mix *	1 bag	1½ bags	2 bags
Coriander *	1 bunch	1 bunch	1 bunch

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 498G	PER 100G
Energy (kJ/kcal)	2033 / 486	408 / 98
Fat (g)	7	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	12
Sugars (g)	15	3
Protein (g)	46	9
Salt (g)	3.11	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 11) Soya 13) Gluten

🧼 *Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.*

👍 THUMBS UP OR THUMBS DOWN?

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Dig in!