

# HAWAIIAN STYLE 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.















Diced Chicken Breast





Steamed Basmati Rice



Coriander

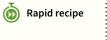


Coleslaw Mix

15 mins







Fresh, flavoursome and ready in just 15 minutes, our Hawaiin 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.





Preheat your Grill to High.

🚯 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 Style Chicken with Pineapple Fried Rice and Asian Slaw.



### MAKE THE MARINADE

- a) Reserving the juice, drain the pineapple rings using a colander.
- b) 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

- a) Pop the diced chicken into a medium bowl.
- **b)** 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.
- c) Pop the chicken onto a foil-lined baking tray and grill until done, 12 mins. Turn 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

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



Pineapple Rings

Soy Sauce 11) 13)

Diced Chicken Breast

Steamed Basmati Rice

Easy Ginger \*

Ketchup 10)

Green Chilli \*

Lime \*

Coriander \*

Coleslaw Mix \*

\* Store in the Fridge

INCOOKED INGREDIENT	PER SERVING 478G	PER 100G
nergy (kJ/kcal)	1952 /467	408 /98
at (g)	7	1
Sat. Fat (g)	3	1
Carbohydrate (g)	58	12
Sugars (g)	15	3
Protein (g)	40	8
Salt (g)	2.91	0.61

**INGREDIENTS** 

1 tin

1

sachet

1

sachet

280g

1/2

1 pack

1 bunch

1 bag

1 sachet

1½ tins

11/2

sachets

½ sachets

11/2

sachets

420g

3/4

1½ packs

11/2

1 bunch

1½ bags

2 tins

2 sachets

sachets

560g

1

2 packs

1 bunch

2 bags

Nutrition for uncooked ingredients based on 2 person recipe.

### **ALLERGENS**

10) Celery 11) Soya 13) Gluten



### **4** MAKE FLAVOUR THE SLAW

- a) Zest the lime then cut into wedges. Roughly chop the **coriander** (stalks and all).
- b) 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

- a) 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.
- **b)** Season to taste with **salt** and **pepper**.
- c) Remove from the heat.



## 6 SERVE

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

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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Packed in the UK

FSC

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