



TROPICAL PINEAPPLE CHICKEN

with Bell Pepper over Ginger Rice



HELLO PINEAPPLE

A touch of sweet, tropical flavor

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 490**



Garlic



Bell Pepper



Scallions



Chicken Cutlets



White Pepper



Ground Coriander



Sour Cream
(Contains: Milk)



Ginger



Red Onion



Cilantro



Jasmine Rice



Lime



Coconut Crunch
Cashews
(Contains: Tree Nuts)



Pineapple

START STRONG

The crema has your kids' names written all over it! Have them squeeze the lime, stir in the sour cream, season with salt, and—most importantly—taste test.

BUST OUT

- Grater
- Zester
- Peeler
- Small bowl
- Medium pot
- Large pan
- Butter (1 TBSP)
(Contains: Milk)
- Vegetable oil (1 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|--------------------------|----------|
| • Garlic | 2 Cloves |
| • Ginger | 1 Thumb |
| • Bell Pepper | 1 |
| • Red Onion | 1 |
| • Scallions | 2 |
| • Cilantro | ¼ oz |
| • Chicken Cutlets | 20 oz |
| • Jasmine Rice | 1 Cup |
| • White Pepper | 1 tsp |
| • Ground Coriander | 1 tsp |
| • Pineapple | 4 oz |
| • Lime | 1 |
| • Sour Cream | 4 TBSP |
| • Coconut Crunch Cashews | 1 oz |

WINE CLUB

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HelloFRESH



1 PREP

Wash and dry all produce. Grate **garlic**. Peel and grate **ginger**. Core, seed, then thinly slice **bell pepper**. Halve, peel, and thinly slice **onion**. Trim, then thinly slice **scallions**, separating greens and whites. Chop **cilantro**. Cut **chicken** into thin strips.



4 COOK VEGGIES

Add **bell pepper, onion, garlic, coriander, salt,** and remaining **white pepper** to same pan over medium-high heat. Cook, tossing occasionally, until veggies are softened, about 5 minutes. Return **chicken** to pan, then add **pineapple** and its juice. Stir to combine and remove pan from heat.



2 COOK RICE

Heat a drizzle of **oil** in a medium pot over medium-high heat. Add **scallion whites** and **ginger**. Cook until fragrant, about 30 seconds. Stir in **rice**, then add **1 ⅓ cups water** and a big pinch of **salt**. Cover and bring to a boil, then lower heat and reduce to a simmer. Cook until tender, 15-20 minutes. Keep covered off heat.



5 MAKE CREMA AND FINISH

Zest **lime**, then cut in half. Squeeze juice into a small bowl. Stir in **sour cream**, lime zest, and a pinch of **salt**. Roughly chop **cashews**. Stir **1 TBSP butter** and **scallion greens** into **rice**. Season with salt.



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Season **chicken** with **salt** and **½ tsp white pepper** (we'll use the rest later). Add to pan and cook, tossing occasionally, until browned and cooked through, 6-8 minutes. Transfer to a plate and set aside.



6 SERVE

Divide **rice** between bowls and top with **chicken, veggies,** and **juices**. Drizzle with **crema**. Garnish with **cilantro** and **cashews**.

FRESH TALK

Can you think of two other fruits that start with a P (besides pineapple)?

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