



SWEET AND SOUR CHICKEN

with Pineapple and Peppers over Jasmine Rice



HELLO
SWEET AND SOUR SAUCE
Forget takeout: this version is proof that some things are even better when you DIY.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 680**

- Ginger
- Poblano Pepper
- Pineapple
- Fry Seasoning
- Jasmine Rice
- Soy Sauce
(Contains: Soy)
- Scallions
- Bell Pepper*
- Chicken Breasts
- Cornstarch
- Apple Cider Vinegar
- Chicken Stock Concentrate

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

To prep the peppers, start by slicing off the stem ends. Although careful chefs may then trim away the white ribs and seeds inside with a knife, we just pull them out with our hands.

BUST OUT

- Peeler
- Paper towel
- Strainer
- Large bowl
- Medium bowl
- Small pot
- Sugar (1 tsp)
- Large pan
- Vegetable oil (7 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Ginger 1 Thumb
- Scallions 2
- Bell Pepper 1
- Poblano Pepper 1
- Pineapple 8 oz
- Chicken Breasts 24 oz
- Fry Seasoning 1 TBSP
- Cornstarch 2 TBSP
- Jasmine Rice 1½ Cups
- Apple Cider Vinegar 1 oz
- Soy Sauce 4 TBSP
- Chicken Stock Concentrate 1

WINE CLUB

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1 PREP

Wash and dry all produce. Peel ginger, then mince or grate until you have 2 TBSP. Trim, then thinly slice scallions, separating greens and whites. Core and seed bell and poblano peppers, then cut each into 1-inch pieces. Drain pineapple, reserving juice in a medium bowl.



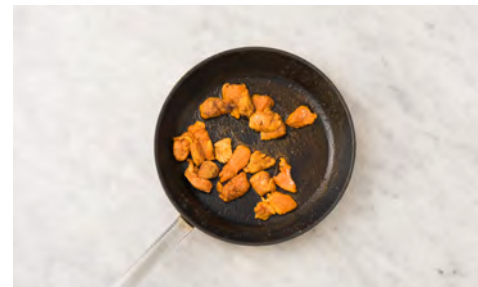
4 COOK PEPPERS AND PINEAPPLE

Heat a drizzle of oil in a large pan over medium-high heat. Add bell and poblano peppers. Cook, tossing, until tender, 5-6 minutes. Season with salt and pepper. Toss in pineapple and scallion whites. Cook until pineapple and peppers begin to brown, about 2 minutes. Remove from pan and set aside.



2 COAT CHICKEN

Pat chicken dry with a paper towel, then cut into 1-inch cubes. Place in a large bowl along with fry seasoning and 1 TBSP cornstarch (1 packet). Season with salt and pepper. Toss until cubes are evenly coated all over.



5 MAKE SAUCE AND COOK CHICKEN

Meanwhile, add 1 tsp sugar, vinegar, soy sauce, stock concentrate, remaining ginger and cornstarch, and ½ cup water to bowl with pineapple juice. Stir to combine. After emptying pan, heat a thin layer of oil in same pan over medium-high heat (we used 2 TBSP). Add chicken and cook, tossing occasionally, until almost cooked through, 5-8 minutes. TIP: Don't overcrowd the pan—work in batches if needed.



3 COOK RICE

Melt 2 TBSP butter in a small pot over medium-high heat. Add half the ginger and cook until fragrant, 1-2 minutes. Add 2½ cups water, rice, and a pinch of salt. Bring to a boil, then reduce heat to low and cover. Simmer until tender, about 15 minutes. Keep covered off heat until meal is ready.



6 GLAZE AND FINISH

Pour sauce into pan and cook, stirring, until thick and glaze-like, 1-2 minutes. Remove pan from heat, then stir in peppers and pineapple. Divide rice between plates, then top with stir-fry from pan. Garnish with scallion greens and serve.

FRESH TALK

Would you rather be the hero or the villain in a movie?

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