



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Shallot



1 Thumb | 1 Thumb
Ginger



¼ oz | ½ oz
Cilantro



1 | 2
Lime



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Chicken Cutlets



4 oz | 8 oz
Pineapple



1 oz | 2 oz
Sweet Thai Chili
Sauce

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

HELLO

PINEAPPLE

Both the fruit and its juice add sweet-tart, tropical notes to a sauce for sautéed bell pepper.

TANGY TROPICAL CHICKEN

with Bell Pepper & Cilantro over Ginger Rice



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



HERBALICIOUS

Did you know cilantro stems are edible? Not only that—they add an aromatic boost to your dish.

Less food waste, more flavor!

BUST OUT

- Zester
- Small pot
- Paper towels
- Large pan
- Aluminum foil
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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1 PREP

- **Wash and dry all produce.**
- Halve, peel, and thinly slice **half the shallot**; finely chop remaining shallot. Peel and mince or grate **ginger**. Halve, core, and very thinly slice **bell pepper** into strips. Zest and quarter **lime (for 4 servings, zest 1 lime and quarter both)**. Roughly chop **cilantro**.



4 COOK VEGGIES

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **bell pepper** and cook, stirring occasionally, until slightly tender, 4-5 minutes.
- Add **sliced shallot** and **remaining ginger**; cook until softened, 2-3 minutes.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **chopped shallot** and **half the ginger**; cook, stirring, until fragrant, 1 minute.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Add **pineapple and its juice**, **chili sauce**, and **juice from half the lime** to pan with **veggies**. Bring to a simmer and cook until sauce is slightly thickened, 2-3 minutes. **TIP: If sauce is too thick, stir in a splash of water.**
- Turn off heat; stir in **half the cilantro** and **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.



3 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat. Transfer to a cutting board. Cover loosely with foil to keep warm.



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Fluff **rice** with a fork; stir in **lime zest** and **1 TBSP butter**. Season with **salt** and **pepper**.
- Divide rice between bowls; top with sliced chicken and **saucy veggies**. Sprinkle with **remaining cilantro**. Serve with **remaining lime wedges** on the side.

* Chicken is fully cooked when internal temperature reaches 165°.