



HAWAIIAN FRIED RICE

With Pineapple, Bok Choy and Green Onion

FAMILY



HELLO PINEAPPLE

Surprisingly, this tropical fruit grows on a tree. It can be used in both savoury and sweet applications!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 447



Peameal Bacon



Pineapple, spears



Shanghai Bok Choy



Green Onions



Garlic



Ginger



Jasmine Rice



Sweet Chili Sauce



Soy Sauce



Green Peas

BUST OUT

- Aluminum Foil
- Large Non-Stick Pan
- Measuring Spoons
- Measuring Cups
- Paper Towel
- Medium Pot
- Garlic Press
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Peameal Bacon 500 g
- Pineapple, spears 95 g
- Shanghai Bok Choy 227 g
- Green Onions 4
- Garlic 12 g
- Ginger 30 g
- Jasmine Rice 1 ½ cup
- Sweet Chili Sauce 🍷 4 tbsp
- Soy Sauce 1,4 2 tbsp
- Green Peas 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG



Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a medium pot, add **2 ½ cups water**. Cover and bring to a boil over high heat. Meanwhile, cut **pineapple** into ½-inch pieces. Thinly slice **green onions**. Cut **bok choy** into ½-inch pieces. Peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger**. Pat **peameal** dry with paper towel, then cut into ½-inch pieces.



4 COOK VEGGIES Using the same pan, add another **1 tbsp oil**, then **bok choy**. Cook, stirring occasionally, until **bok choy** is tender-crisp, 2-3 min. Add **pineapple, ginger** and **garlic**. Cook, stirring often, until **pineapple** is warmed through, 1-2 min. Remove the pan from the heat. Transfer **pineapple mixture** to the plate with **peameal**.



2 COOK RICE Add **rice** to the medium pot with **boiling water**. Reduce the heat to low. Cover and cook until **rice** is tender and **liquid** has been absorbed, 12-14 min.



5 FINISH FRIED RICE Fluff **rice** with a fork. Heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **rice**. Cook, stirring occasionally, until any **liquid** has been absorbed and **rice** is starting to turn brown, 2-3 min. Add **peas, sweet chili sauce, soy sauce, peameal mixture** and any **remaining juices** from the plate. Season with **salt** and **pepper**. Stir together until warmed through, 1-2 min.



3 COOK PEAMEAL Meanwhile, heat a large non-stick pan over high heat. When the pan is hot, add **1 tbsp oil**, then **peameal**. Cook, stirring often, until **peameal** is golden-brown and cooked through, 4-5 min. (TIP: Cook to a min. internal temp. of 71°C/160°F.***) Transfer **peameal** to a plate and cover with foil to keep warm.



6 FINISH AND SERVE Divide **Hawaiian style fried rice** between plates and sprinkle over **green onions**.

WOW!

This recipe takes way less time to cook than getting delivery!