



SWEET CHILI PINEAPPLE CHICKEN

with Roasted Veggies, Ginger Lime Rice & Peanuts

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



3 oz | 6 oz
Carrot



1 | 2
Shallot



1 Thumb | 2 Thumbs
Ginger



1 | 2
Lime



4 oz | 8 oz
Pineapple



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Chicken Cutlets



2 oz | 4 oz
Sweet Thai
Chili Sauce



¼ oz | ½ oz
Cilantro



½ oz | 1 oz
Peanuts
Contains: Peanuts

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

HELLO

PINEAPPLE CHILI GLAZE

Thai chili sauce, charred pineapple, and lime juice make an addictively sticky, spicy, tangy-sweet topping for chicken.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 710



AS YOU LIKE IT

Fun fact: It's believed that your genes may determine whether or not you like cilantro. If you're unfamiliar with the herb, give it a taste. Love it? Add away! Unsure? Feel free to use just a pinch or skip it altogether.

BUST OUT

- Grater
- Peeler
- Zester
- Small pot
- Baking sheet
- Strainer
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (2 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and grate or mince **ginger**. Trim, peel, and cut **carrot** on a diagonal into ½-inch-thick pieces. Halve, core, and thinly slice **bell pepper** crosswise into strips. Halve, peel, and cut **shallot** into ½-inch-thick wedges. Zest and quarter **lime**.



4 COOK CHICKEN

- While veggies roast, drain **pineapple**, reserving **1 TBSP pineapple juice**.
- Pat **chicken*** dry with paper towels; 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 plate. Wipe out pan.
- **4 SERVINGS: Reserve 2 TBSP pineapple juice.**



2 COOK RICE

- Heat a drizzle of **oil** in a small pot over medium-high heat. Add half the **ginger**; cook until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water**, and a pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use 1½ cups water.**



5 MAKE GLAZE

- Heat a drizzle of **oil** in pan used for chicken over medium-high heat. Add **drained pineapple**; cook, stirring occasionally, until lightly charred, 3-4 minutes. Stir in remaining **ginger**; cook until fragrant, 30 seconds.
- Turn off heat and stir in **chili sauce**, reserved **pineapple juice**, and a squeeze of **lime juice** until combined.
- Return **chicken** to pan and turn a few times to thoroughly coat.



3 ROAST VEGGIES

- While rice cooks, toss **carrot** on a baking sheet with a drizzle of **oil**. Season with **salt**. Roast on top rack for 10 minutes.
- Once carrot has roasted 10 minutes, remove sheet from oven. Add **bell pepper** and **shallot**; carefully toss with another drizzle of **oil** and season with **salt**.
- Return veggies to top rack until tender and lightly charred, 15 minutes more.



6 FINISH & SERVE

- Roughly chop **cilantro**. Toss **roasted veggies** with half the cilantro.
- Fluff **rice** with a fork; stir in **1 TBSP butter** and **lime zest**. Season with **salt**.
- Divide rice, veggies, and **chicken** between plates. Drizzle chicken with any remaining **glaze**. Finely chop **peanuts** and sprinkle on top if desired. Garnish with remaining cilantro to taste. Serve with remaining **lime wedges** on the side.
- **4 SERVINGS: Stir in 2 TBSP butter.**