



SWEET 'N' SAVORY CHICKEN FRIED RICE

with Pineapple, Carrots, and Peas



HELLO
UNCLE BEN'S® READY RICE® JASMINE
 A low-fat, heart-healthy choice,
 it's the rice that's always ready to enjoy.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 630



Pineapple



Red Onion



Hoisin Sauce
 (Contains: Soy)



Uncle Ben's® Ready Rice® Jasmine
 (Contains: Soy)



Eggs
 (Contains: Eggs)



Sesame Oil



Cashews
 (Contains: Tree Nuts)



Lime



Chicken Breasts



Shredded Carrots



Peas



Soy Sauce
 (Contains: Soy)



Cilantro



Sriracha

START STRONG

Calling all young chefs: kids can help with tasks like stirring the fried rice in the pan, scooping it into serving bowls, and adding the garnishes on top.

BUST OUT

- Strainer
- Large pan
- Oil (1 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------------|---------|
| • Pineapple | 16 oz |
| • Lime | 1 |
| • Red Onion | 1 |
| • Chicken Breasts | 12 oz |
| • Hoisin Sauce | 1.25 oz |
| • Shredded Carrots | 4 oz |
| • Uncle Ben's® Ready Rice® Jasmine | 2 Packs |
| • Peas | 4 oz |
| • Eggs | 2 |
| • Soy Sauce | 4 TBSP |
| • Sesame Oil | 1 TBSP |
| • Cilantro | ½ oz |
| • Cashews | 2 oz |
| • Sriracha | 2 tsp |

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1 PREP

Wash and dry all produce. Drain **pineapple**. Halve **lime**; cut one half into wedges. Halve, peel, and dice **onion**. Cut **chicken** into ½-inch cubes.



2 COOK CHICKEN

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **chicken** and **hoisin sauce** and cook, tossing, until browned and cooked through, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside. Wipe or rinse out any charred bits in pan.



3 COOK VEGGIES AND PINEAPPLE

Add **onion** and a large drizzle of **oil** to same pan over medium-high heat. Cook until softened, about 3 minutes. Add **pineapple** and **carrots** and toss until pineapple is browned and carrots are tender, 4-5 minutes. Season with **salt** and **pepper**.



4 FRY RICE

Massage **Uncle Ben's® Ready Rice® Jasmine** in packets to break up grains, then add to pan along with **chicken** and **peas**. Toss to thoroughly combine, breaking up any clumps of rice. Stir until rice is warmed through and tender, 1-2 minutes.



5 SCRAMBLE EGGS

Push contents of pan to the sides, making a 3-inch well in the center (you should see the bottom of the pan). Crack **eggs** into well and beat vigorously to scramble, then toss into the other ingredients.



6 FINISH AND SERVE

Remove pan from heat. Stir in **soy sauce**, **sesame oil**, and a squeeze of **lime**. Divide everything between bowls. Tear **cilantro** leaves from stems and scatter over top, then sprinkle with **cashews**. Drizzle **sriracha** over the adults' bowls (and the kids', too, if they like it spicy). Serve with **lime wedges** on the side for squeezing over.

GET INVOLVED!



Cook with your kids for a chance to win at UncleBens.com

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