



NUTRITION *per serving* 87g carbohydrates 8g fat 46g protein 220mg sodium | low-calorie, gluten-free, dairy-free, nut-free



Calories
623



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- ¾ Cup Parboiled Brown Rice
- 4 oz. Frozen Pineapple
- 2 Garlic Cloves
- 1 Green Bell Pepper
- 1 Roma Tomato
- 2 Green Onions
- 2 Boneless Skinless Chicken Breasts
- 3 oz. Sweet and Sour Sauce
- 2 tsp. Multicolor Sesame Seeds

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Medium Pan

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HOME CHEF

Healthy Takeout Sweet and Sour Chicken

with brown rice and green bell pepper

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Be sure to keep **white** and **green** portions of **green onions** separate after slicing. White portions are stir-fried with vegetables and green portions garnish final dish.
- Be sure to keep an eye on **sweet and sour sauce**, as it may burn if heat is too high.

FROM THE CHEF

For best browning results, blot diced chicken with paper towel just before adding to hot pan.

Did you know...

Battered and fried meat served with scarlet-colored sweet and sour sauce is a Westernized version of Cantonese cuisine where mixtures of sweet and sour elements are commonly used as dips for meat.



1

Cook the Rice

Bring a small pot with 1 ½ cups **water** and **rice** to a boil. Reduce to a simmer, cover, and cook until tender and water has been absorbed, 17-20 minutes.



2

Prepare the Ingredients

Rinse **frozen pineapple** under warm water if still frozen. Cut **pineapple** into ½” dice. Mince **garlic**. Stem, seed, and cut **green bell pepper** into ½” dice. Core **Roma tomato** and cut into ½” dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Rinse **chicken breasts** and pat dry. On a separate cutting board, cut chicken into ½” dice. Season with ¼ tsp. **salt** and a pinch of **pepper**.



3

Sear the Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Add **chicken** to hot pan and cook 5-6 minutes, stirring occasionally, until chicken slightly browns. Remove chicken to a plate and wipe pan clean (chicken will finish cooking later). Return pan to medium heat.



4

Cook the Vegetables and Finish Chicken

Add 2 tsp. **olive oil**, **green bell peppers**, white parts of **green onions**, and **garlic** to pan and cook 45 seconds, or until fragrant. Add **pineapple**, **Roma tomatoes**, **chicken** and **any accumulated juices**, 2 Tbsp. **water**, and **sweet and sour sauce**. Cook 4-6 minutes, or until chicken reaches a minimum internal temperature of 165 degrees.



5

Plate the Dish

Add **rice** to plate, and top with **chicken** and **vegetables**. Garnish with **sesame seeds** and green parts of **green onions**.