



Quick Sweet & Sour Chicken Stir-Fry

with Pineapple & Cashews

Grab your Meal Kit
with this symbol



Basmati Rice



Chicken-Style
Stock Powder



Pineapple Slices



Carrot



Shredded Cabbage
Mix



Red Onion



Ginger Paste



Chicken Tenderloins



Roasted Cashews



Sweet & Sour
Sauce



Coriander



Hands-on: **20-30** mins
Ready in: **25-35** mins



Eat Me Early

If you love sweet and sour chicken, but not so much the fact that it's usually fried, this recipe is for you! Skip the takeaway version and make our super simple stir-fried take on the popular Chinese dish.

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Soy Sauce, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
pineapple slices	½ tin	1 tin
carrot	1	2
shredded cabbage mix	1 medium bag	1 large bag
red onion	1	2
ginger paste	1 medium packet	1 large packet
chicken tenderloins	1 small packet	1 large packet
roasted cashews	1 medium packet	1 large packet
sweet & sour sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3101kJ (741Cal)	478kJ (114Cal)
Protein (g)	50.1g	7.7g
Fat, total (g)	12.6g	1.9g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	99.8g	15.4g
- sugars (g)	36.3g	5.6g
Sodium (mg)	1614mg	249mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling **water**.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain and return to saucepan. Stir in **chicken-style stock powder**. Cover to keep warm.

3



Cook the chicken

- Cut **chicken tenderloins** into bite-sized chunks.
- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **4-6 minutes**.
- Stir in **roasted cashews**, **sweet & sour sauce**, the **soy sauce** and **honey**. Add a splash of **reserved pineapple liquid** and a splash of **water**, then stir to combine. Return **veggies** to pan and cook until bubbling, **1-2 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Cook the veggies

- While rice is cooking, drain **pineapple**, reserving the **liquid**. Thinly slice **carrot** into rounds. Cut **red onion** and **pineapple slices** (see ingredients) into bite-sized chunks.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Stir-fry the **carrot**, **onion** and **pineapple** until tender, **4-6 minutes**.
- Add **shredded cabbage mix** and **ginger paste** and cook until softened and fragrant, **2 minutes**. Transfer to a bowl and cover to keep warm.

TIP: Add a splash of water to help the vegetables cook faster!

4



Serve up

- Divide rice between bowls. Top with sweet and sour chicken stir-fry.
- Sprinkle with torn **coriander** to serve.

Enjoy!

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