



## Sweet & Sour Chicken Stir-Fry

with Peppers & Green Beans



20-30min



2 Servings

We rebooted a take-out classic, Sweet & Sour Chicken, and made it even better by upping the veggies and adding mouth-watering pineapple. Green beans and bell peppers turn this decadent-feeling meal into a well-rounded, sensible dinner. Serve the tender chicken, veggies, and velvety sauce over a bed of jasmine rice. Cook, relax, and enjoy!

## What we send

- green beans
- pineapple chunks
- cornstarch
- chicken broth concentrate
- rice vinegar
- scallions
- red bell pepper
- boneless, skinless chicken breast
- jasmine rice

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- medium skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Energy 604.0kcal, Fat 12.5g, Proteins 30.5g, Carbs 89.0g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Add rice to a small saucepan along with **1¼ cups water** and **¼ teaspoon salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



### 4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over high until shimmering. Add **chicken** in a single layer and cook, stirring frequently, until browned and cooked through, 3-4 minutes. Transfer to a plate or bowl.



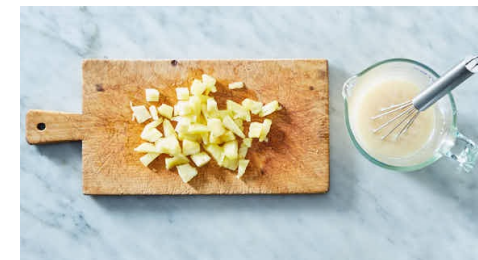
### 2. Prep ingredients

Pat **chicken** dry and cut crosswise into ¼-inch slices; season with **½ teaspoon salt** and **a few grinds pepper**. Halve **bell pepper**, remove stem, core, and seeds, then cut into ½-inch pieces. Trim stem ends from **green beans** and cut or snap in half. Trim ends from **scallions** then thinly slice, keeping dark greens separate.



### 5. Cook veggies

Add **1 teaspoon oil** and **peppers** to same skillet. Cook, stirring frequently, until crisp-tender, about 2 minutes. Add **green beans** and **scallion whites** and reduce heat to medium-high. Cover and cook, stirring occasionally, until vegetables are tender and browned in spots, 4-5 minutes (reduce heat if browning too quickly). Transfer to bowl or plate with **chicken**.



### 3. Make sauce

In a measuring cup, combine **rice vinegar**, **chicken broth concentrate**, **cornstarch**, **¾ cup water**, **2 tablespoons sugar**, and **½ teaspoon salt**, whisk to combine. Coarsely chop **half of the pineapple** (save rest for own use or for snacking!).



### 6. Finish & serve

Return skillet over high. Stir **sauce**, add to skillet along with **pineapple**, and bring to a boil. Reduce heat to a simmer; cook until sauce is thick and glossy, 3-5 minutes. Return **chicken** and **veggies** to skillet; toss to coat. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork. Serve **rice** topped with **sweet and sour chicken** and **scallion greens**. Enjoy!