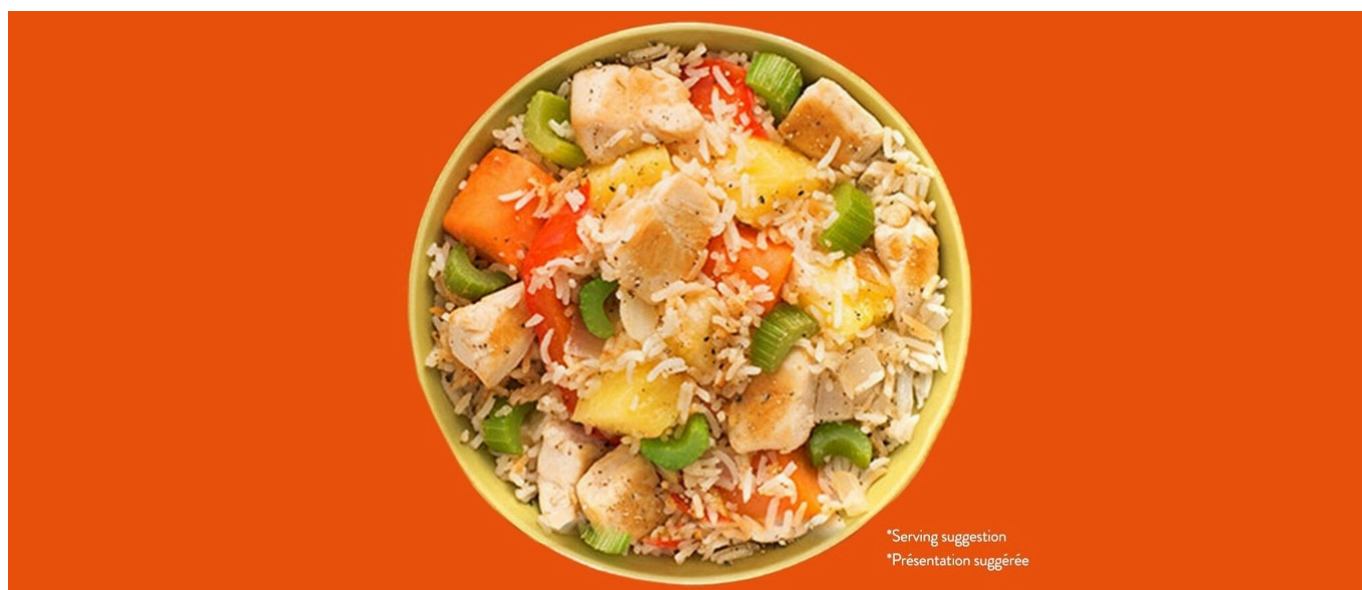


Chicken Fried Rice with a Pineapple Punch  
RECIPE

## Chicken Fried Rice with a Pineapple Punch



<?xml version="1.0"?>

TIME

30 min

INGREDIENTS

14 items

MAKES

4 servings

Delectable chicken fried rice that packs a punch! That's right: everything you love about this traditional Thai dish – tender cubed chicken breast, chopped green onions, BEN'S ORIGINAL<sup>TM</sup> Jasmine rice, plus a sweet punch of pineapple.

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## INGREDIENTS

- 1 cup (250 mL) BEN'S ORIGINAL™ Jasmine Rice
- 1 Tbsp (15 mL) Canola oil
- 12 oz (375 g) Cubed chicken breast
- 1/3 cup (75 mL) Chopped onion
- 2 cloves Garlic, minced
- 2 tsp (10 mL) Minced ginger
- 2 ribs Celery, sliced into 1-inch (2.5 cm) pieces
- 1 large Carrot, sliced into 1-inch (2.5 cm) pieces
- 1 Red pepper, sliced into 1-inch (2.5 cm) pieces
- 1/2 cup (125 mL) Chopped pineapple, about 1-inch (2.5 cm) pieces
- 1 Tbsp (15 mL) Sodium reduce soy sauce
- 4 tsp (20 mL) Rice wine vinegar
- 1 1/2 cup (375 mL) no-salt added chicken broth
- 2 Green onions, sliced on the angle

## INSTRUCTION

1.  
Heat oil in skillet. Brown chicken over medium heat.
2.  
Add onions, garlic, ginger, celery, carrot, red pepper, and pineapple. Sauté for 5 to 7 minutes or until softened.
3.  
Add rice and cook for 1 minute.
4.  
Add soy sauce, vinegar and broth and bring to boil.
5.  
Reduce heat, cover and cook for 15 to 20 minutes or until rice is tender.
6.  
Stir in half the green onions and sprinkle remaining green onions ovetop.
7.  
Serve with side salad.

# NUTRITION

## DESCRIPTION AMOUNT PER SERVING

- Calories 370
- Carbohydrates (g) 53 g
- Dietary Fiber (g) 2 g
- Protein (g) 27 g
- Total Fat (g) 5 g

## CATEGORIES :

[Chicken](#), [more than 20](#), [Dry Plain Rice](#)

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### [Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

[SEE DETAILS](#)



### [Cashew Chicken with Pineapple](#)

Cooking time

15 min

Ingredients

11 items

[SEE DETAILS](#)



### [Thai Pineapple Jasmine Rice Salad](#)

Cooking time

10 min

Ingredients

10 items

[SEE DETAILS](#)

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