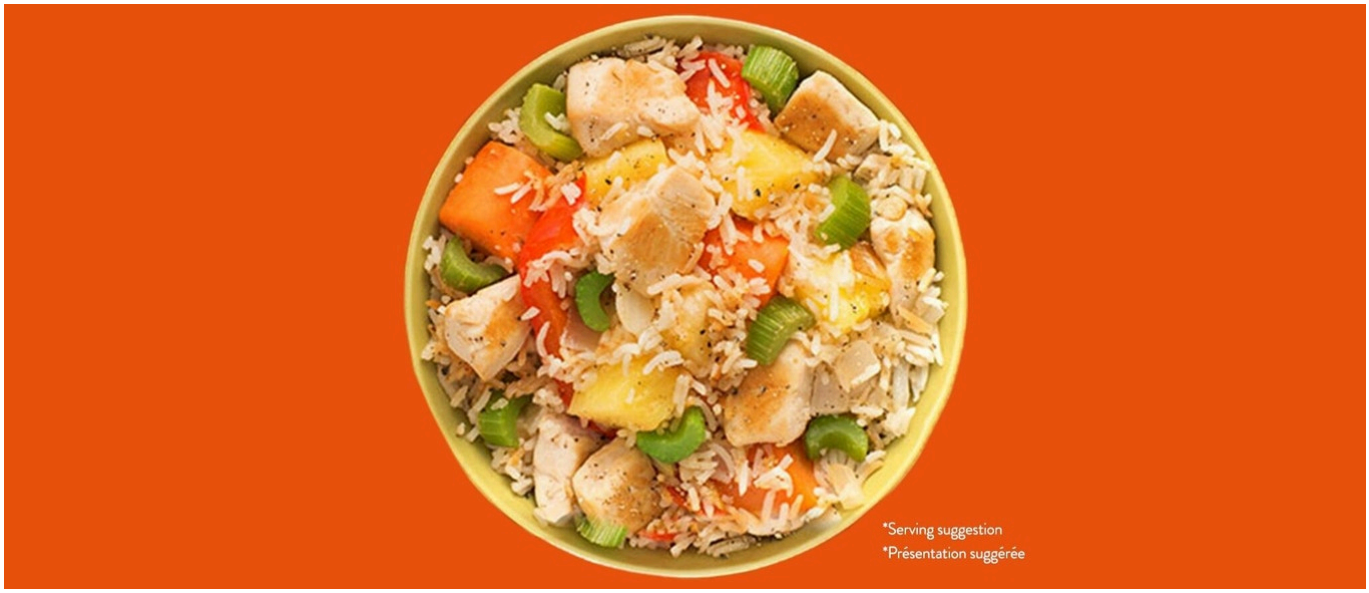
Ben's Original™/MC

Chicken Fried Rice with a Pineapple Punch



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™ 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 overtop.
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



Cashew Chicken with Pineapple

Cooking time

15 min

Ingredients

11 items



Thai Pineapple Jasmine Rice Salad

Cooking time

10 min

Ingredients

10 items

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