Cashew Chicken with Pineapple
RECIPE

Cashew Chicken with Pineapple



TIME	15 min
INGREDIENTS	11 items
MAKES	4 servings

Sweet meets savoury with this quick and delectable dish: roasted cashews, boneless chicken, and pineapple pieces served on a fluffy bed of white rice – and all of it ready in 15 minutes.

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INGREDIENTS

- 1 cup (250 mL) BEN’S ORIGINAL™ QUICK COOK Long Grain Rice
- 2/3 cup (175 mL) Sweet and sour sauce

- 1/4 cup (60 mL) Reserved pineapple juice
- 2 Tbsp (30 mL) Low sodium soy sauce
- 1 Tbsp (15 mL) Canola oil
- 1 1/2 lb (750 g) Boneless and skinless chicken breasts, cubed
- 1/4 tsp (1 mL) Salt
- 3 Bell peppers, cubed
- 1 cup (250 mL) Canned pineapple chunks in juic, 1/4 cup of juice reserved
- 3 Green onions, cut into 1-inch pieces
- 1/2 cup (125 mL) Roasted, unsalted cashews

INSTRUCTION

1. Cook rice without butter and salt according to package directions. Whisk sweet and sour sauce with pineapple juice and soy sauce; set aside. Heat oil in a large, nonstick skillet set over medium-high heat.
2. Cook chicken with salt, stirring frequently, for 4 to 5 minutes or until golden brown all over. Add peppers and pineapple; cook stirring frequently for 1 minute. Add green onions and continue to cook until tender crisp.
3. Stir in sauce mixture; bring to a boil. Cook for 1 to 2 minutes or until thickened. Stir in half the cashews. Serve chicken with rice. Garnish with remaining cashews.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 540
- Carbohydrates (g) 63 g
- Dietary Fiber (g) 4 g
- Total Fat (g) 12 g
- Sodium (mg) 580 mg
- Sugars (g) 23 g
- Protein (g) 45 g

CATEGORIES :

Chicken, less than 20, Dry Plain Rice

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Chicken Fried Rice with a Pineapple Punch

Cooking time

30 min

Ingredients

14 items



Sweet and Sour Peach and Pork Stir Fry with Jasmine Rice

Cooking time

30 min

Ingredients

13 items



Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items

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