

Cashew Chicken with Pineapple RECIPE

# **Cashew Chicken with Pineapple**



<?xml version="1.0"?>

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. 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. 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. 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

### **CATEGORIES:**

Chicken, less than 20, Dry Plain Rice

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Cooking time

30 min

Ingredients

14 items

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Cooking time

30 min

Ingredients

13 items

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# **Chicken Stir Fry**

Cooking time

20 min

Ingredients

11 items

**SEE DETAILS** 

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