

Pineapple Chicken Fried Rice

Recipe makes 6 meals

Ingredients

- 1.5lbs Boneless Skinless Chicken Breast, diced
- 1.5 C White Rice, uncooked
- 20 oz can Pineapple Chunks
- 12oz Peas & Carrots, thawed
- 2 Whole Eggs
- 1/4 C Green Onions, chopped
- 1/4 C Soy Sauce
- 1/4 C Pineapple Juice
- 2 Tbsp Minced Garlic
- 2 Tbsp Rice Wine Vinegar
- 1 Tbsp Olive Oil
- 1 tsp Onion Powder
- 1 tsp Salt
- 1/4 tsp Ginger
- 1/4 tsp Coriander
- 1/4 tsp Turmeric
- 1/4 tsp Black Pepper
- 1/2 Tbsp Sriracha (optional)



Nutrition Profile

- per meal -

Calories - 393

Fat - 5g

Carbohydrates - 55g

Protein - 32g

**Estimated Cost
Per Meal**

\$1.92

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Instructions

1. Start by cooking 1.5 cups of rice and let it cool in the fridge.
2. Dice your chicken into bite size pieces, place in a large mixing bowl and set aside.
3. Before you drain your pineapple juice, reserve 1/4 cup of the juice to use in the sauce. You can discard the rest. Or drink it like I did :)
4. In a bowl add 1/4 cup soy sauce, 1/4 cup pineapple juice, 2 Tbsp rice wine vinegar, 1 Tbsp olive oil (or oil of choice), 1 tsp onion powder, 1 tsp salt, 1/4 tsp ginger, 1/4 tsp coriander, 1/4 tsp turmeric, 1/4 tsp black pepper, and about about 1/2 Tbsp of Sriracha. Mix well.
5. Pour about 1/4 of your sauce in with your chicken and toss to coat.
6. Heat a wok or large skillet over medium-high heat and add in your chicken. While your chicken is cooking, heat a second skillet over medium to medium-high heat and add in your drained pineapple chunks. Once your pineapple is caramelized add in your minced garlic and cook for 30-60 seconds.
7. Once your pineapple is done, add it to the pan with your chicken and mix together. Make a space in the middle of the skillet and add in your eggs and scramble. Once your eggs are cooked, add in your rice, followed by your peas & carrots, the rest of your sauce, and your green onions. Mix well, reduce the heat and let simmer for 5-10 minutes. Taste and add salt and pepper to preference.
8. Enjoy!



Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.