

Beef and Pineapple Fried Rice

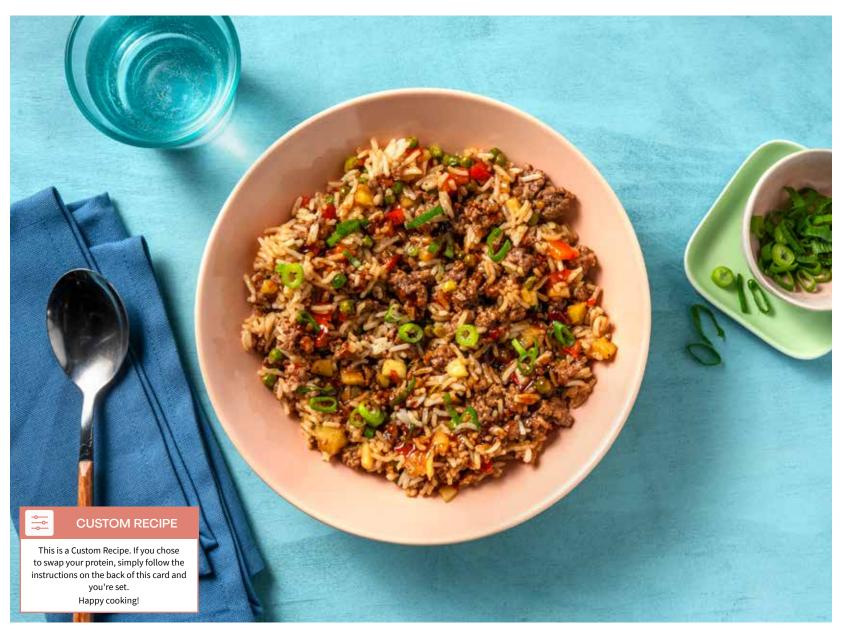
with Hoisin-Soy Drizzle

Family Friendly

Optional Spice

Quick

25 Minutes











Pineapple, spears







Green Onions

Green Peas



Basmati Rice



Hoisin Sauce



Soy Sauce



Sweet Chili Sauce



Garlic Salt

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
≘ Ground Turkey	250 g	500 g
Pineapple, spears	95 g	190 g
Sweet Bell Pepper	160 g	320 g
Green Peas	56 g	113 g
Green Onions	2	4
Basmati Rice	¾ cup	1 ½ cups
Hoisin Sauce	1/4 cup	½ cup
Soy Sauce	2 tbsp	4 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		

Salt and Pepper*

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cook rice

Add 1 1/4 cups water and 1/8 tsp garlic salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep

While rice cooks, core, then cut pepper into 1/4-inch pieces. Thinly slice green onions, keeping whites and greens separate. Cut pineapple into ¼-inch pieces.



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp oil (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Season with pepper and half the remaining garlic salt, then stir to combine. Transfer **beef** to a plate.

CUSTOM RECIPE

If you've opted to get turkey, cook it in the same way the recipe instructs you to cook the beef.



Cook veggies

Heat the same pan over medium-high. When hot, add ½ tbsp oil (dbl for 4 ppl), then peas and **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp, 2-3 min. Add green onion whites and pineapple. Season with **pepper** and **remaining garlic salt**. Cook, stirring often, until **pineapple** is warmed through, 2-3 min.



Make hoisin-soy sauce

While veggies cook, combine soy sauce, sweet chili sauce, hoisin sauce and 1 tbsp water (dbl for 4 ppl) in a small bowl.



Finish and serve

Add beef, rice and three-quarters of the hoisin-soy sauce to the pan with veggies. Cook, stirring often, until **rice** is coated in sauce, 1-2 min. Season with salt and pepper, to taste. Divide fried rice between bowls. Sprinkle **remaining green onions** over top. Drizzle with **remaining hoisin-soy sauce**, if desired.

Dinner Solved!

Contact

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^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.