

# Chicken Teriyaki and Pineapple Skewers over Cauliflower Rice

hellóchef

In this recipe you'll whip up light and slightly sweet chicken skewers before serving them over cauliflower rice.

Cals 497 • Prot 55 • Carbs 57 • Fat 6

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🕒 cook: 35 min

R3269



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken skewers	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Bamboo skewers	6	9	12	Piece
Pineapple chunks	140	140	280	Grams
Green pepper	1	2	2	Piece
Red onion	1	2	2	Piece
Small red chilli	1	1	2	Piece
Black sesame seeds 3*	10	15	20	Grams
Teriyaki sauce				
Corn starch	10	15	20	Grams
Barbecue sauce 11*, 13*	40	60	80	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sweet soy sauce 9*, 10*, 11*, 14*	15	20	30	ML
Honey	15	15	30	Grams
Rice vinegar	15	22	30	ML
Cauliflower rice				
Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

\*3 Sesame Seeds, \*11 Gluten, \*13 Mustard, \*9 Soya, \*10 Wheat, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2080 / 497
Fat (g)	6.1
of which saturates (g)	1.3
Carbohydrate (g)	57
of which sugars (g)	35.5
Fiber (g)	8.3
Protein (g)	54.5
Salt (g)	3.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Pre-heat the grill to high. Soak the **bamboo skewers** in water. Chop the **chicken** into bite-sized pieces. In a large bowl, combine the **corn starch, barbecue sauce**, both **soy sauces, honey** and the **rice vinegar**. Add the **chicken**, mix well and set aside.

**Tip!** Marinate the chicken up to 24 hours in advance.



2 Prep

Drain the **pineapple**. Deseed and chop the **green pepper** into rough chunks. Peel and chop the **red onion** into wedges. Finely slice the **red chilli**.

**Tip!** Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3 Thread

Thread the **teriyaki chicken, pineapple chunks, red onion** and **peppers** onto the **skewers**. Place them on an oiled baking tray and brush with the remaining **marinade**. Grill for 12 min or until cooked through and starting to char.



4 Make cauliflower rice

Meanwhile, grate the **cauliflower** with a box grater. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **grated cauliflower**. Fry for 5-7 min until any excess moisture has evaporated and the **cauliflower** starts to brown. Remove from the heat and season with **salt**.

**Tip!** If you have a food processor, use it to make the cauliflower rice. Way less messy and ready in seconds.



5 Serve

Once done, brush the **skewers** with any leftover cooked **marinade** from the tray. Serve the **chicken teriyaki and pineapple skewers** over the **cauliflower rice**. Garnish with the **sesame seeds** and the **red chilli (spicy!)**.

**Tip!** Sensitive to spice? Go easy on the chilli.