

# Chicken Teriyaki and Pineapple Skewers over Cauliflower Rice

hellóchef

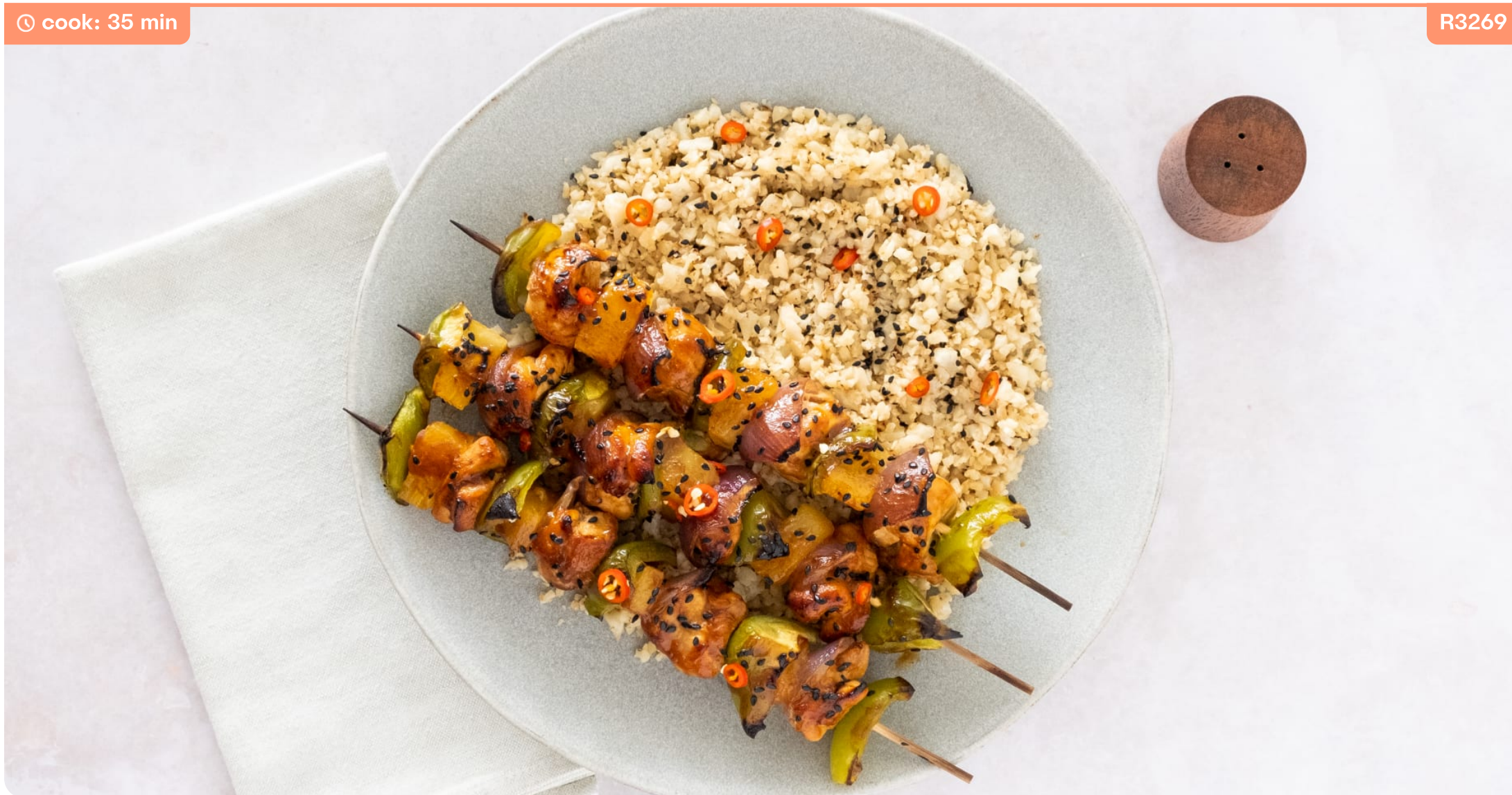
In this recipe you'll whip up light and slightly sweet chicken skewers before serving them over cauliflower rice.

Cals 555 • Prot 55 • Carbs 70 • Fat 6

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 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 |

| Marinade                          |    |    |    |       |
|-----------------------------------|----|----|----|-------|
| 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   |

| Teriyaki sauce             |    |    |     |       |
|----------------------------|----|----|-----|-------|
| Corn starch                | 10 | 10 | 10  | Grams |
| Water                      | 50 | 75 | 100 | ML    |
| Teriyaki sauce 8*, 9*, 10* | 40 | 60 | 80  | ML    |
| Rice vinegar               | 15 | 22 | 30  | ML    |

Allergens

\*3 Sesame Seeds, \*11 Gluten, \*13 Mustard, \*9 Soya, \*10 Wheat, \*14 Sulphur Dioxide, \*8 Molluscs

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)        | 2308 / 555   |
| Fat (g)                 | 6.4          |
| of which saturates (g)  | 1.3          |
| Carbohydrate (g)        | 70           |
| of which sugars (g)     | 43.4         |
| Fiber (g)               | 8.5          |
| Protein (g)             | 54.8         |
| Salt (g)                | 4.2          |

\*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 Make teriyaki sauce

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!)**.



6 Serve

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