

Pineapple Pepper Chicken



Ingredients

- ☐ 1 lb Chicken Breast, cut into cubes
- ☐ 1 Red Bell Pepper, diced
- ☐ 1 tbsp Olive Oil
- ☐ 40 g Shallot (or Red Onion)
- ☐ ½ tbsp Garlic
- ☐ 200 g Pineapple, cubed
- ☐ 1 tbsp Spicy Mustard
- ☐ 1 tbsp Sriracha Sauce
- ☐ 2.5 tbsp Apple Cider Vinegar
- ☐ 1 tsp Honey
- ☐ ½ tbsp Soy Sauce
- ☐ 1 tbsp Corn Starch

Utensils

- ☐ Mixing Bowl
- ☐ Stir Fry Pan
- ☐ Medium Pan

Cooking Instructions

1. In mixing bowl, mix together mustard, Sriracha, apple cider vinegar, honey, and soy sauce
2. Set nonstick skillet on medium heat and add oil, garlic and Shallots
3. Cook for 3-5 minutes until Shallots are translucent
4. At same time season chicken pieces with pepper.
5. Set stir fry pan to medium-high and coat with oil
6. Cook chicken for 8 minutes until no longer pink
7. Add in red pepper and cook for 20% more time
8. Once shallots are ready, add pineapple cubes, cook for 2 minutes
9. Add in sauce and turn heat to medium-low, allow to simmer
10. Mix in 1 tbsp water with starch and immediately stir until well mixed
11. Add sauce to chicken. Remove from heat and fold everything together until everything is coated.