

Peri-Peri Sweet and Spicy Chicken and Rice

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*2 cups instant white rice
1 large green bell pepper
4 cloves garlic
2 green onions
2 (1 to 1-1/4 pounds)
boneless/ skinless chicken
breasts
2 tablespoons vegetable oil
1 teaspoon Kosher salt
2 tablespoons cornstarch
1 1/4 cups pineapple juice
1/4 cup peri-peri hot pepper
sauce
4 tablespoons tomato
puree'*

Cook the rice according to package directions.

Chop the bell pepper (one cup), garlic and onions. Cut the chicken into bite-size pieces (wash hands).

Preheat a large nonstick saute' pan on medium-high for 2 to 3 minutes. Add oil to the pan. Add the chicken. Cook for 3 minutes, stirring often. Stir in the bell pepper, garlic, one-half of the onions and the salt. Continue cooking for 1 to 2 minutes until the vegetables have slightly softened.

In a bowl, whisk the cornstarch, pineapple juice, hot sauce and tomato puree' until blended. Add the cornstarch mixture to the pan. Cook for 4 to 5 minutes more, stirring occasionally, until the sauce has thickened and the chicken is 165 degrees.

Serve the chicken on top of the rice. Garnish with the remaining one-half of the onions.

Per Serving (excluding unknown items): 536 Calories; 28g Fat (45.5% calories from fat); 3g Protein; 71g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1894mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Vegetable; 3 Fruit; 5 1/2 Fat.