

# Terra's KITCHEN

*Trust us and read through the entire recipe before you start cooking— you'll be so happy you did.*



## Grilled Chicken + Caramelized Pineapple Salsa Rice Bowl

juicy chicken, grilled pineapple salsa, rice

Serves 2 | Time to Table 20 minutes | Calories 578

Excellent Source of Fiber, Protein, Vitamin C + Iron | Good Source of Potassium

## Equipment

- Small saucepan
- Liquid measure
- Measuring spoons
- Grill or grill pan
- Pastry brush
- Tongs
- Chef's knife
- Mixing bowl
- Spatula

## What You Need

- Canola oil
- Kosher or flake sea salt
- Coarsely ground black pepper

## What We Send

- $\frac{3}{4}$  cup jasmine rice
- 20 ounces pineapple
- 12 ounces boneless skinless chicken breasts
- 1 lime
- .4 ounce cilantro
- .7 ounce jalapeno
- 2 ounces diced red onion

## Wine Pairings

The general rule is to always have your wine sweeter than your food, so to complement the pineapple here a very slightly sweet Gewürztraminer would be an adventurous choice.

## Beer Pairings

American Pale Ale is the perfect foam topped choice!

## What To Do:



1. **Cook Rice:** In a small saucepan, over high heat, bring  $1\frac{1}{4}$  cups water and  $\frac{1}{4}$  teaspoon salt to a boil. Stir in rice and return to a boil. Reduce heat to low, cover and simmer 15 minutes. Turn off heat and let sit, covered for 5 minutes. Fluff with a fork.

2. Heat a lightly oiled grill or grill pan to medium-high.



3. **Grill Pineapple:** While rice is cooking, brush  $\frac{3}{4}$ 's of the pineapple (see Pro Tip for leftover use) with 1 teaspoon oil and place on a hot grill. Cook, turning once, until charred on both sides. Remove to a plate.



4. **Grill Chicken:** Season the chicken liberally with salt and pepper. Lightly oil the grill again and place chicken on it. Cook chicken until browned well on one

side, turn and cook until cooked through (about 5-6 minutes per side).



5. **Prep the Salsa:** While the chicken is cooking, half the lime. Roughly chop grilled pineapple and cilantro. Finely dice the jalapeno.

6. **Make Salsa Rice:** In a medium bowl, stir together rice, chopped pineapple, cilantro, jalapeno, juice from the lime, red onion and  $\frac{1}{2}$  teaspoon salt.

**To Serve:** Roughly chop the chicken and stir into the pineapple salsa rice. Divide between 2 bowls.

★ *Pro Tip: (Pineapple Leftovers) Add pineapple, 1 teaspoon lime juice and 2 tablespoons water into a food processor and process until smooth. Freeze. Eat. Smile.*

## TK Table Talk:

What foods from your childhood do you like to prepare?



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Sure, our TK food containers are recyclable, but we'd rather you upcycle them first. We're partial to using them to sprout our garden seeds, but we'd love to see how creative you are! Tag us in your photos with @terraskitchen and #arecipeforreallife.

