Pineapple Honey Chicken, Sweet Pepper, Broccoli and Cauliflower Rice

Recipe by © Alysha Melnyk 2018

Ingredients:

1 Tablespoon Olive Oil

1 and 3/4 Cup Sweet Peppers, Diced

1 Cup Sweet Onion, Diced

3 Cups Frozen Cauliflower Rice (*You can also grate your own cauliflower to "rice" it)

1 Pack Breaded Chicken Pieces of Choice (*You can certainly make your own as well, I just found this helped to reduce cooking time. My pack had 25 small breaded chicken pieces in it.)

3 Cloves Garlic, Minced

2 Heads Broccoli, with the Florets Cut Off

2/3 Cup Chicken Broth

1 and 3/4 Cups Fresh Pineapple, Diced

5 Tablespoons Funny Farm Apiaries' Creamed Pineapple Honey

1/4 Cup Roasted Cashew Pieces

2 Teaspoons Reduced Sodium Soy Sauce

1 Teaspoon (*Or more) Chili Flakes

Black Pepper

Instructions:

1. First, preheat the oven and cook your breaded chicken pieces according to package instructions.

2. While your chicken is cooking, combine olive oil, diced sweet pepper, sweet onion and garlic in the sauté pan. Cook mixture for 5 to 10 minutes, tossing occasionally, to cook and lightly brown pieces.

3. After that, add in frozen cauliflower, broccoli florets, and chicken broth to the same pan. Cover with lid, tossing occasionally, and cook until broccoli and cauliflower are tender.

4. After this, remove lid and allow the chicken broth to cook off and continue to toss occasionally (this could take around 15 to 20 minutes).

5. Once chicken is cooked, feel free to add in the whole pieces or cut into smaller pieces (I cut mine in half) into the pan.

6. Keep everything on low heat and gently stir in the fresh pineapple, pineapple creamed honey, cashew pieces, reduced sodium soy sauce, and chili flakes. Mix well so all the flavors are combined throughout the entire dish.

7. Once everything is combined and warm, immediately serve. Add black pepper and additional chili flakes as needed.

8. Enjoy! :)