

PREPARATION: **25** MINUTES

MARINATE: **8-24** HOURS

COOKING: **30** MINUTES

**4** SERVINGS

# ONE POT PINEAPPLE CHICKEN

## INGREDIENTS

### **MARINADE**

- 2 teaspoons** Allspice
- ½ teaspoon** cinnamon
- ½ teaspoon** nutmeg
- 1 teaspoon** dry thyme leaves
- ½ cup** yellow onion, diced
- ¼ cup** green onion, chopped
- 1 tablespoon** ginger, chopped
- 4 teaspoons** garlic, chopped
- 1 tablespoon** jalapeno, minced
- 6 tablespoons** lime juice
- ¼ cup** vegetable oil

### **ONE POT CHICKEN**

- 2 tablespoons** olive oil
- 1 pound (454g)** boneless, skinless chicken thighs
- ½ cup** yellow onion, diced
- 1 cup** basmati rice, dry
- ½ teaspoon** Allspice
- 1 cup** no salt added chicken stock
- 1 cup** water
- 1 cup** pineapple, diced
- ½ cup** peas, frozen



Nutrient Analysis	
<b>PER SERVING:</b>	
¼ of recipe	
<b>RENAL EXCHANGE:</b>	
3 Starch+3 Protein+1 Fruit	
Calories	<b>521Kcal</b>
Protein	<b>28g</b>
Carbohydrates	<b>53g</b>
Fibre	<b>2.9g</b>
Total Fat	<b>23g</b>
Saturated Fat	<b>3g</b>
Cholesterol	<b>107mg</b>
Sodium	<b>144mg</b>
Potassium	<b>568mg</b>
Phosphorus	<b>321mg</b>

## PREPARATION

- 1 In a blender or food processor, combine all the marinade ingredients. Massage the chicken thighs with the marinade paste. Place in covered container in the fridge for a minimum of 8 hours.
- 2 In a large skillet over medium-high heat, heat the oil. Brown the chicken on both sides. Remove the chicken pieces from the pan.
- 3 In the same skillet, sauté the onion. Add the dry basmati rice and Allspice and sauté quickly.
- 4 Add the chicken stock, the water and pineapple and bring to a boil. Add the chicken back to the skillet and simmer covered until the rice and chicken are cooked and all the chicken stock is absorbed (20-30 minutes).
- 5 Add the frozen peas and mix to combine. Serve immediately.