



INTRODUCTION

Everyone loves an easy and healthy meal to cook while camping, after a long day of hiking. A messy clean-up is never fun either. This recipe makes it easy to cook when you're on the road camping. This Pineapple Chicken Stirfry recipe contains meat, veggies and grains that makes it filling. The ketchup, soya sauce and pineapple juice create a great combination of flavours. It's a colourful dish with yellow or orange (depending on what you can find at the grocery store), red, and green peppers.

It takes thirty minutes to prepare this meal if you are cutting up the cooked chicken at the campsite and have already removed the bones at home. If you are deboning it at the campsite, it will take longer from start to finish. It's your call if you prefer to bring cooked or raw chicken. I choose to deal with cooked meats at the campsite.

If you don't like some of the ingredients listed, substitute them for a different vegetable, meat or grain of your choice.

Feel free to adjust the spices or condiment measurements to satisfy your needs.

The recommended servings feed four people. For two people, cut the portion in half. Adjust the recipe according to the group you are feeding.

Enjoy!



PINEAPPLE CHICKEN STIRFRY



TIME REQUIRED:
30 MINUTES



SERVINGS:
4

INGREDIENTS

- ✦ 1 cooked chicken
- ✦ 2 tbsp olive oil
- ✦ 1 tbsp peeled and minced fresh ginger
- ✦ 1 small yellow onion cut into one-inch pieces
- ✦ 1 1/2 cups of rice
- ✦ 2 carrots sliced
- ✦ 1 green, 1 red and 1 yellow or orange pepper cut into one-inch pieces
- ✦ 2 handfuls of green beans
- ✦ 1 can of pineapple chunks (keep the juice to make the sauce)
- ✦ 1/2 tsp ground pepper
- ✦ 1/2 tsp basil
- ✦ 1/2 tsp parsley

Sauce

- ✦ 1/4 cup ketchup
- ✦ 1/4 cup soya sauce
- ✦ 1 tbsp rice vinegar
- ✦ 1/3 cup sodium-reduced chicken broth
- ✦ Pineapple juice from the can

DIRECTIONS

1. A cooked chicken is much easier to deal with than a raw chicken while camping. Buy a full chicken and remove the bones at home. Put half the chicken (half white and half dark meat to mix it up) in a container that fits in your cooler.
2. Once at the campsite, fry up the onion and the minced ginger in olive oil in a frying pan until golden brown.
3. In another pot, cook the rice of your choice. I use jasmine rice or brown rice, depending on what I feel like at that moment. 1 1/2 cups of water for 1 1/2 cup of rice. Follow the directions on the package to cook it.
4. Add the carrots. Cook them to your liking; I like mine a bit crunchy.
5. Mix in the green, red and yellow or orange peppers to the frying pan. Add the green beans.
6. Take the chicken out of the cooler and cut it up into one-inch pieces. Add to the frying pan.
7. Mix the sauce ingredients in a separate bowl (without the pineapple juice) and add it to the pan.
8. Season with ground pepper, basil, parsley. Add the pineapple chunks with the juices to the frying pan.
9. Mix it all and let it simmer for ten minutes. This will allow all the ingredients to absorb the aroma of the delicious sauce.