

## Ingredients

2 tablespoons (30 mL)  
**Brown sugar**

1/4 teaspoon (1 mL)  
**Ground ginger**

1/8 teaspoon (0.5 mL)  
**Black pepper**

1 tablespoon (15 mL)  
**Lime juice**

1 tablespoon (15 mL)  
**Low sodium soy sauce**

1 tablespoon (15 mL)  
**Vegetable oil**

1 package  
**UNCLE BEN'S® BISTRO EXPRESS®  
VEGETABLE MEDLEY**

1 lb (500 g)  
**Boneless, skinless chicken  
breast cut into 32 chunks**

1 medium  
**Red bell pepper, seeded  
and cut into 1" pieces**

1 small  
**Red onion, peeled and cut  
into 1" pieces**

1 cup (250 mL)  
**Fresh pineapple, cut into  
1" chunks**

Vegetarian option  
**Replace chicken with tofu**



# Sweet & Spicy Chicken Kebabs with Rice

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Vegetable medley rice studded with tangy grilled pineapple, topped with sweet 'n' spicy grilled chicken and vegetables. For an additional kick, add a dash of your favourite hot sauce.

 Makes 4 servings (2 kebabs,  
3/4 cups pineapple rice)

 Prep: 15 minutes Cook: 15 minutes  
Total: 30 minutes



- 1 Prepare grill. If using wooden skewers, soak in water for at least 10 minutes.
- 2 Combine the first 6 ingredients in a large bowl. Add chicken, bell pepper and onion, tossing well to coat. Cover and let stand for 10 minutes.
- 3 Thread the pineapple on 2 skewers. Lightly spray with cooking spray and place on grill. Cook 3 minutes or until grill marks begin to show and pineapple is beginning to brown, turning often. Remove from heat, keep warm.
- 4 Thread chicken, bell pepper and onion onto 8 skewers. Place skewers on grill rack coated with cooking spray; cook 10 minutes or until chicken is done, turning often to prevent burning.
- 5 Remove pineapple from skewers and coarsely chop. Prepare rice according to package directions; stir in chopped, grilled pineapple. Serve with chicken kebabs.

Note: Nutrition facts based on ingredients in the recipe description and do not include side dishes shown in photography.

## Nutrition Facts\*

Per serving

<b>Calories</b> 310	<b>Cholesterol</b> 75 mg (25% DV)	<b>Protein</b> 29 g
<b>Calories from Fat</b> 50	<b>Sodium</b> 436 mg (18% DV)	<b>Vitamin A</b> 16%
<b>Total Fat</b> 6 g (9% DV)	<b>Carbohydrate</b> 37 g (12% DV)	<b>Vitamin C</b> 100%
<b>Saturated Fat</b> 0.1 g (0% DV)	<b>Dietary Fibre</b> 4 g (16% DV)	<b>Calcium</b> 4%
<b>Trans Fat</b> 0.0 g	<b>Sugars</b> 10 g	<b>Iron</b> 13%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.