



Pineapple Fried Rice in Pineapple Shell

NIBBLEDISH CONTRIBUTOR

Ingredients

1 pineapple 2 tbsp vegetable oil 1 bombay onion, chopped 1/2 pepper, diced 2 red small chillies, chopped 2 green small chillies, chopped 250g pork/chicken, diced 100g cooked prawns 4 bowls cooked cold rice (overnight rice is always better to consider) 50g roasted cashew nuts 2 stalks spring onions, chopped 2 tbsp light soy sauce salt to taste 2 red chillies, seeded, sliced (to garnish) 2 green chillies, seeded, sliced (to garnish) 1 tbsp fried onions (to garnish)

Instructions

1. Marinate the pork/chicken meat with a tbsp of soy sauce for a while before cutting the pineapple.
2. Clean the pineapple shell with water. Cut into half lengthways & remove flesh. Keep the shell aside as u will need to use it later for filling. Reserve 150g of pineapple flesh (finely chopped) to be mixed in the cooking later.
3. Heat oil in a wok. Add onion, chillies & pepper. Stir-fry until softened.
4. Add pork/chicken & continue stir-fry until the meat is cooked.
5. Stir in prawns & rice until the rice is thoroughly heated.
6. Add in chopped pineapple, cashew nuts & spring onions together with the remaining of soy sauce & a bit of salt to taste.
7. Fill the pineapple shell with the fried rice & sprinkle some chillies & fried onions on top as garnishing.