

Pineapple Fried Rice

This dish is ideal to prepare for a special occasion meal. Served in the pineapple skin shells, it is certain to be the talking point of the dinner.

INGREDIENTS

Serves 4-6

- 1 pineapple
- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 2 green chilies, seeded and chopped
- 8 ounces lean pork, cut into small dice
- 4 ounces cooked shelled shrimp
- 3-4 cups cooked cold rice
- ½ cup roasted cashews
- 2 scallions, chopped
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 10-12 mint leaves, 2 red chilies, sliced, and 1 green chili, sliced, to garnish

Cilantro



1 Cut the pineapple in half lengthwise and remove the flesh from both halves by cutting around inside the skin. Reserve the skin shells. You need 4 ounces of fruit, chopped finely (keep the rest for a dessert).

COOK'S TIP

When buying a pineapple, look for a sweet-smelling fruit with an even brownish-yellow skin. To test for ripeness, tap the base - a dull sound indicates that the fruit is ripe. The flesh should also give slightly when pressed.



2 Heat the oil in a wok or large frying pan. Add the onion and chilies and fry for about 3-5 minutes, until softened. Add the pork and cook until it is brown on all sides.

3 Stir in the shrimp and rice and toss well together. Continue to stir-fry until the rice is thoroughly heated.

4 Add the chopped pineapple, cashews and scallions. Season with fish sauce and soy sauce.

5 Spoon into the pineapple skin shells. Garnish with shredded mint leaves and red and green chilies.