

## Sweet and Sticky Grilled Teriyaki Salmon with Pineapple

Grilled Pineapple Teriyaki Salmon



**TIME**  
**30 min**

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### INGREDIENTS

For the Salmon:

4 salmon fillets  
Salt & black pepper, to taste  
1 tbsp olive oil

For the Teriyaki Sauce:

... cup soy sauce  
2 tbsp honey or brown sugar  
1 tbsp rice vinegar or lemon juice  
2 cloves garlic, minced  
1 tsp fresh ginger, grated  
1 tsp cornstarch + 2 tbsp water (optional, for thickening)

For the Pineapple:

1 cup fresh pineapple chunks  
(Optional) Grill until caramelized for deeper flavor

Garnishes:

Fresh parsley or green onions, chopped  
Sesame seeds, optional

### DIRECTIONS

1. Step 1: Make the Teriyaki Sauce: In a small saucepan, combine soy sauce, honey, rice vinegar, garlic, and ginger.
2. Bring to a gentle simmer over medium heat and let cook for 5 minutes.
3. For a thicker glaze, stir in a mixture of cornstarch + water and cook another minute until it thickens.
4. Remove from heat and set aside.
5. Step 2: Season the Salmon: Pat salmon fillets dry and season both sides with salt and pepper.
6. Brush with olive oil to prevent sticking on the grill.
7. Step 3: Grill the Salmon and Pineapple: Preheat your grill or grill pan over medium-high heat.
8. Place salmon fillets skin-side down and cook for 4-5 minutes per side, or until the fish flakes easily with a fork.
9. Grill pineapple chunks for 2-3 minutes per side until lightly charred and caramelized.
10. Step 4: Glaze and Garnish: During the final minute of cooking, brush salmon with teriyaki sauce.
11. Remove from the grill and top with grilled pineapple.
12. Garnish with fresh herbs and sesame seeds, if using.

### TIPS FOR SUCCESS

Use skin-on salmon for easier grilling and better moisture retention.

For extra flavor, marinate the salmon in the teriyaki sauce for 15-30 minutes before grilling.

Use coconut aminos and stevia or monk fruit as a sweetener substitute.

You can pan-sear or broil the salmon with the same great results.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/sweet-and-sticky-grilled-teriyaki-salmon-with-pineapple/>