

Grilled Pineapple Teriyaki Burgers That Bring the Tropical Heat

Grilled Pineapple Teriyaki Burgers - Juicy, Smoky, and Bursting with Tropical Flavor



TIME
5 min

TEMP
160°F

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Recipe Card

SAVE
PDF

INGREDIENTS

- 1 ½ pounds ground beef (80/20)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 pineapple rings
- 4 slices red onion
- 4 brioche buns
- 4 leaves green leaf lettuce
- ½ cup teriyaki sauce
- Extra teriyaki sauce for drizzling

DIRECTIONS

1. Preheat your grill (or grill pan) to medium-high heat.
2. Season and shape the ground beef with salt and pepper into 4 equal patties.
3. Grill the patties for about 4-5 minutes per side, or until your desired doneness.
4. Grill the pineapple and onion slices for 2 minutes per side until lightly charred.
5. Toast the brioche buns on the grill until just golden.
6. Assemble: On the bottom bun, place lettuce, then the burger, grilled pineapple, grilled onion, and a generous drizzle of teriyaki sauce. Cap with the top bun.
7. Serve immediately with extra teriyaki sauce on the side.

SWAPS & NOTES

Ground Turkey or Chicken can be substituted for beef for a leaner version.

Use GF buns and check your teriyaki sauce label.

Canned Pineapple Rings work great in a pinch-just pat them dry before grilling.

Make it Spicy with a smear of sriracha mayo or a jalapeño slice.

TIPS FOR SUCCESS

Don't Overwork the Beef : Handle it gently so the patties stay juicy.

Let the Grill Do Its Thing : Resist flipping too early-let those grill marks develop.

Use a Meat Thermometer for perfect doneness-160°F is ideal for ground beef.

Rest the Patties for 2-3 minutes after grilling to lock in juices.

