

Teriyaki Chicken and Rice Stuffed Bell Peppers - No-Fuss Dinner

Teriyaki Pineapple Chicken & Rice Stuffed Peppers



OVEN
375°F

TIME
30 min

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INGREDIENTS

For the Peppers:

4 large bell peppers (red, yellow, or orange),
halved and deseeded

1 tbsp olive oil

For the Filling:

2 cups cooked chicken, shredded or diced

1 ½ cups cooked rice (white or brown)

1 cup pineapple chunks (fresh or canned, drained)

¾ cup shredded carrots

¾ cup diced red onion

¾ cup diced bell pepper

2 cloves garlic, minced

1 tbsp fresh ginger, grated

¾ tsp red pepper flakes (optional)

For the Teriyaki Sauce:

¾ cup low sodium soy sauce

... cup honey or brown sugar

2 tbsp rice vinegar

1 tbsp sesame oil

1 tbsp cornstarch + 2 tbsp water (for slurry)

For Garnish:

2 tbsp chopped green onions

1 tbsp sesame seeds

Instructions:

1 Pre-Bake the Peppers:

2 Make the Teriyaki Sauce:

3 Prep the Filling:

4 Stuff and Bake:

5 Garnish and Serve:

Tips for Success:

Short on time? Use rotisserie chicken and microwave rice.

Add crunch: Top with crushed peanuts or crispy fried onions.

Spice it up: Mix in a drizzle of sriracha or chopped jalapeños.

Make it vegetarian: Swap chicken for diced tofu or edamame!

Serving Suggestions & Pairings:

? Blueberry Lemonade

DIRECTIONS

1. **Pre-Bake the Peppers:** Preheat oven to 375°F (190°C). Brush bell pepper halves with olive oil and place them cut-side up in a baking dish. Bake for 10 minutes to soften.
2. **Make the Teriyaki Sauce:** In a small saucepan, whisk together soy sauce, honey, rice vinegar, and sesame oil. Bring to a simmer. Stir in cornstarch slurry and simmer for 1-2 minutes until thick. Set aside.
3. **Prep the Filling:** Sauté onions, bell pepper, garlic, and ginger in a skillet for 2-3 minutes. Add chicken, rice, pineapple, carrots, and optional red pepper flakes. Pour in teriyaki sauce and stir to coat.
4. **Stuff and Bake:** Spoon the filling into the pepper halves, pressing to fill completely. Cover with foil and bake 15 minutes, then uncover and bake 10 more minutes until golden and bubbly.
5. **Garnish and Serve:** Top with green onions and sesame seeds. Serve hot with extra sauce or a side of Dorito Casserole for a bold-flavored meal.
6. **Tips for Success:** Short on time? Use rotisserie chicken and microwave rice.
7. **Add crunch:** Top with crushed peanuts or crispy fried onions.
8. **Spice it up:** Mix in a drizzle of sriracha or chopped jalapeños.
9. **Make it vegetarian:** Swap chicken for diced tofu or edamame!
10. **Serving Suggestions & Pairings:** Pair these tropical stuffed peppers with:

11. ? Blueberry Lemonade
12. ? Walking Taco Bar
13. ? Crockpot Nacho Dip
14. ? Chicken Enchiladas
15. ? Dorito Casserole
16. Storage & Leftover Tips: Refrigerate leftovers in an airtight container for up to 4 days.
17. Reheat in the oven at 350°F for 10-15 minutes or microwave until warm.
18. To freeze: wrap individually and freeze for up to 2 months.
19. More Recipes You'll Love: Chicken Enchiladas
20. Walking : Taco Bar
21. Dorito : Casserole
22. Crockpot : Nacho Dip
23. Blueberry : Lemonade
24. Final Thoughts: These Teriyaki Pineapple Chicken & Rice Stuffed Peppers hit all the right notes-sweet, savory, tender, and satisfying. They're just exotic enough to feel special but easy enough for any weeknight.
25. If you give them a try, snap a pic and tag us @ChefManiac! And don't forget to leave a review or share with your favorite home cook. ??

SWAPS & NOTES

-sweet, savory, tender, and satisfying.

They're just exotic enough to feel special but easy enough for any weeknight.

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And don't forget to leave a review or share with your favorite home cook. ??

TIPS FOR SUCCESS

Use rotisserie chicken and microwave rice.

Add crunch: Top with crushed peanuts or crispy fried onions.

Spice it up: Mix in a drizzle of sriracha or chopped jalapeños.

Make it vegetarian: Swap chicken for diced tofu or edamame!

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

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