

One-Pan Pineapple Chicken Rice - Sweet, Savory, and Ready in 30 Minutes

? Why I Love This Recipe



TIME
6 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 lb chicken breast, cubed
- 1 cup pineapple, cubed (fresh or canned, drained)
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup jasmine rice
- 2 cups chicken broth
- 1 tbsp soy sauce
- 1 tsp fresh ginger, grated
- Salt & black pepper, to taste
- ... cup green onions, sliced
- 1 tbsp sesame seeds

DIRECTIONS

- 1. Sear the Chicken:** Heat olive oil in a large skillet over medium heat. Add cubed chicken and cook until golden and fully cooked, about 5-6 minutes. Remove chicken and set aside.
- 2. Saut  Aromatics & Veggies:** In the same skillet, add chopped onion, garlic, and red bell pepper. Cook for 4-5 minutes until softened and fragrant.
- 3. Add Pineapple:** Toss in the pineapple chunks and cook for an additional 2 minutes to slightly caramelize them and release their sweetness.
- 4. Add Rice & Liquids:** Stir in jasmine rice, chicken broth, soy sauce, ginger, salt, and pepper. Bring the mixture to a boil.
- 5. Simmer:** Reduce the heat to low. Cover and simmer for 18-20 minutes, or until the rice is tender and most of the liquid is absorbed.
- 6. Combine:** Return the chicken to the skillet and stir everything together. Heat through for another 2-3 minutes.
- 7. Garnish & Serve:** Top with sliced green onions and a sprinkle of sesame seeds. Serve hot and enjoy the tropical comfort!

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

Original recipe: <https://chefmaniac.com/one-pan-pineapple-chicken-rice-sweet-savory-and-ready-in-30-minutes/>