

Pineapple Chicken and Rice - Sweet, Savory & Easy Weeknight Dinner

Pineapple Chicken and Rice - A Sweet and Savory Tropical Twist ?



TIME
30 min

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INGREDIENTS

- 1 pound boneless, skinless chicken breasts, thinly sliced
- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1 can (15 oz) pineapple chunks, drained
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup rice vinegar
- 1 clove garlic, minced
- 1/2 teaspoon red pepper flakes (optional)
- 2 cups cooked white or jasmine rice

DIRECTIONS

- 1. Cook the Chicken:** Heat olive oil in a large skillet over medium-high heat. Add the sliced chicken and cook until browned and cooked through, about 6-8 minutes. Remove from the skillet and set aside.
- 2. SautØ the Onion:** In the same skillet, sautØ the chopped onion until softened and translucent, about 3-4 minutes.
- 3. Add Pineapple and Sauce:** Stir in pineapple chunks, soy sauce, honey, rice vinegar, garlic, and red pepper flakes (if using). Simmer for 2-3 minutes to let the sauce thicken slightly.
- 4. Combine Everything:** Return the cooked chicken to the skillet and toss everything to coat evenly in the sticky, sweet sauce. Let it simmer for another 2-3 minutes.
- 5. Serve:** Serve hot over cooked rice. Garnish with green onions or sesame seeds if desired.

SWAPS & NOTES

Chicken thighs work just as well and add extra juiciness.
Swap rice vinegar with apple cider vinegar in a pinch.

Add bell peppers or snap peas for color and crunch.
Double the red pepper flakes or add a few dashes of sriracha.
??? Instructions 1.

TIPS FOR SUCCESS

Don't overcook the pineapple -you want it warmed through but not mushy.
If the sauce feels too thin, let it simmer a bit longer to reduce, or add a cornstarch slurry (1 tsp cornstarch + 1 tbsp water).

For easy cleanup, use a nonstick skillet or a wok. ?

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Original recipe: <https://chefmaniac.com/pineapple-chicken-and-rice-sweet-savory-easy-weeknight-dinner/>