

## Sweet and Savory Pineapple Chicken and Rice Skillet (One-Pan Wonder!)

Sweet and Savory Pineapple Chicken and Rice



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

- 1 pound chicken breast, cubed
- 1 cup pineapple, cubed (fresh or canned in juice)
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup jasmine rice
- 2 cups chicken broth (low sodium preferred)
- 1 tablespoon soy sauce
- 1 teaspoon fresh grated ginger
- Salt and pepper, to taste
- 1/4 cup green onions, sliced
- 1 tablespoon sesame seeds

#### Ingredient Swaps and Notes:

**Rice:** Jasmine rice offers a fragrant touch, but feel free to substitute basmati or long-grain white rice.

**Pineapple:** Fresh is best, but canned works beautifully-just drain it first.

**Soy Sauce:** Use tamari for a gluten-free option.

**Add Heat:** A pinch of red pepper flakes or a dash of sriracha will kick it up a notch.

#### Instructions:

**Brown the Chicken:** Heat olive oil in a large skillet over medium heat. Add cubed chicken and cook until golden brown and cooked through. Remove from skillet and set aside.

**Sautø Aromatics:** In the same skillet, add onion, garlic, and red bell pepper. Cook until softened, about 4-5 minutes.

**Add Pineapple:** Toss in the pineapple cubes and cook for 2 minutes, stirring occasionally.

**Combine and Simmer:** Stir in jasmine rice, chicken broth, soy sauce, ginger, salt, and pepper. Bring mixture to a boil.

**Simmer Covered:** Reduce heat to low, cover, and let it simmer for 18-20 minutes, or until rice is tender and liquid is absorbed.

**Finish and Serve:** Return cooked chicken to the skillet. Stir to combine and heat through. Garnish with green onions and sesame seeds.

**Tips for Success:**

**Don't skip the browning:** Getting a good sear on the chicken adds flavor.

**Simmer low and slow:** Keeping the heat low ensures perfectly cooked rice without burning.

**Rest before serving:** Let the dish sit covered for 5 minutes after cooking to allow flavors to meld.

**Serving Suggestions & Pairings:**

A fresh cucumber salad or simple steamed edamame

A chilled drink like this blueberry lemonade

For a heartier feast, serve alongside this Cajun Chicken Sausage Gumbo or a side of sheet pan quesadillas

**Storage and Leftovers:**

**Refrigerate:** Store in an airtight container for up to 4 days.

## DIRECTIONS

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10. **Serving Suggestions & Pairings:** Pair this tropical dish with:
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12. A chilled drink like this blueberry lemonade
13. For a heartier feast, serve alongside this : Cajun Chicken Sausage Gumbo or a side of sheet pan quesadillas

14. **Storage and Leftovers:** Refrigerate: Store in an airtight container for up to 4 days.
15. **Reheat:** Warm gently in the microwave or on the stovetop with a splash of broth.
16. **Freeze:** This dish freezes well-just omit the garnish until serving.
17. **More Recipes You'll Love:** This Mexican Chicken and Rice Casserole - Another easy, crowd-pleasing one-pan wonder.
18. **These :** Easy Turkey Wings - Ultimate comfort food without the fuss.
19. **This :** Tomato Skillet with Okra and Sausage - A Southern-style skillet packed with bold flavor.
20. **Final Thoughts:** Whether you're feeding a family or just yourself, this Pineapple Chicken and Rice brings tropical flair to your dinner table with minimal effort. If you try it, let me know how it turns out-and don't forget to follow ChefManiac for more one-pan meal ideas and easy dinner inspiration!

## SWAPS & NOTES

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

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