

Pineapple Chicken and Rice: Easy One-Pan Tropical Dinner

Ready to bring a taste of the tropics to your dinner table tonight? This



TIME
5-7 min

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INGREDIENTS

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

Swaps and Notes:

Chicken Breast: Boneless, skinless chicken thighs can be used for a juicier result; just adjust cooking time slightly.

Pineapple: Fresh pineapple offers the best flavor and texture, but canned pineapple (drained well) is a convenient alternative.

Rice: Jasmine rice is recommended for its fragrance and texture, but basmati or even long-grain white rice would also work.

Bell Pepper: Use any color bell pepper you prefer - red, yellow, or orange will add sweetness, while green will offer a slightly more savory note.

Ginger: Freshly grated ginger provides the best flavor, but 1/2 teaspoon of ground ginger can be substituted in a pinch.

Soy Sauce: Use regular or low-sodium soy sauce. For a gluten-free option, use tamari.

Spice: A pinch of red pepper flakes added with the garlic would give it a nice subtle kick.

DIRECTIONS

1. Let's get cooking this delicious and easy : Pineapple Chicken and Rice!
2. **Brown the : Chicken:** In a large skillet (one with a lid is ideal for later simmering), heat the olive oil over medium heat. Add the cubed chicken breast and cook, stirring occasionally, until it's golden brown on all sides and cooked through. Remove the chicken from the skillet and set it aside on a plate.
3. **SautØ Aromatics & Veggies:** In the same skillet, add the chopped onion, minced garlic, and diced red bell pepper. Cook for about 5-7 minutes, stirring occasionally, until the vegetables are softened and fragrant.
4. **Add : Pineapple:** Stir in the cubed pineapple and cook for an additional 2 minutes, allowing the pineapple to warm through and release some of its natural sweetness.
5. **Add : Rice and Liquids:** Stir the jasmine rice directly into the skillet with the vegetables and pineapple. Pour in the chicken broth, soy sauce, and add the grated ginger, salt, and pepper. Give everything a good stir to combine.
6. **Simmer the : Rice:** Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the skillet tightly with a lid, and let it simmer for 18-20 minutes, or until the rice is cooked through and most of the liquid has been absorbed. Avoid lifting the lid too often during this time.
7. **Combine and : Heat Through:** Once the rice is cooked, return the previously cooked chicken to the skillet. Mix everything well, ensuring the chicken is evenly distributed throughout the rice and vegetables.

Continue to heat through for another 1-2 minutes until the chicken is warmed through.

8. Garnish and : Serve: Remove the skillet from the heat. Garnish generously with freshly sliced green onions and a sprinkle of sesame seeds. Serve hot and enjoy!

SWAPS & NOTES

It's a complete meal cooked in one pan , which means minimal cleanup - always a win!

The vibrant colors make it a feast for the eyes, and the combination of textures, from the tender chicken to the slightly firm rice and juicy pineapple, keeps every bite interesting.

It's a fantastic way to break out of a dinner rut and enjoy something both wholesome and incredibly delicious.

Pineapple: Fresh pineapple offers the best flavor and texture, but canned pineapple (drained well) is a convenient alternative.

TIPS FOR SUCCESS

Sear the Chicken: Don't skip searing the chicken first!

This adds a crucial layer of flavor and ensures the chicken is perfectly cooked before it goes back into the rice.

Don't Lift the Lid: When simmering the rice, resist the urge to peek or stir too much.

This allows the rice to cook properly and absorb the liquid.

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

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