

Teriyaki Shrimp & Pineapple Rice Bowl: Savory & Tropical Delight

Teriyaki Shrimp & Pineapple Rice Bowl



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25 min

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ChefManiac

INGREDIENTS

White rice or jasmine rice (for best texture and aroma)

Chicken broth (for cooking rice)

Low-sodium soy sauce (for cooking rice and marinade)

Toasted sesame oil (for cooking rice)

Garlic powder (for cooking rice)

Large peeled and deveined shrimp (fresh or frozen, thawed)

Teriyaki sauce (your favorite brand, for marinade)

Honey (for marinade)

Fresh or jarred ginger (for marinade)

Pineapple chunks (canned in juice, drained; or fresh, cut into chunks)

Swaps and Notes:

Rice: Jasmine rice is recommended for its aromatic qualities. You can also use brown rice for a healthier option, but adjust cooking time according to package directions (and you may need slightly more liquid). For a different flavor, consider using coconut rice.

Shrimp: Large shrimp are best as they stay plump and juicy. If using smaller shrimp, adjust cooking time. You can substitute with chicken breast or thighs (cut into bite-sized pieces), but marinate and cook them longer.

Teriyaki Sauce: Use your favorite bottled teriyaki sauce for convenience. For a homemade version,

whisk together soy sauce, mirin, sake, sugar, and ginger.

Honey: Maple syrup can be used as a substitute for honey in the marinade.

Ginger: Freshly grated ginger provides the best flavor for the marinade. Jarred minced ginger can be used for convenience.

Pineapple: Fresh pineapple, when grilled, develops a beautiful caramelized sweetness. Canned pineapple chunks (drained well) are a convenient year-round option.

Oil for Grilling/Pan-Frying: A light brushing of neutral oil (like olive or vegetable) on the grill grates or pan will prevent sticking.

Garnish: Fresh cilantro, thinly sliced green onions, or a sprinkle of sesame seeds can add a nice finishing touch.

Instructions:

Prepare the Rice:

Rinse Rice: Rinse the white rice or jasmine rice under cold running water until the water runs clear. This removes excess starch, which helps the rice cook up fluffy and prevents stickiness.

Cook Rice: In a medium pot, bring chicken broth to a boil. Once boiling, add the rinsed rice, a splash of low-sodium soy sauce (about 1 teaspoon per cup of rice), a dash of toasted sesame oil (about ½ teaspoon per cup of rice), and a sprinkle of garlic powder (about ¼ teaspoon per cup of rice). Stir once to combine.

Simmer Rice: Cover the pot tightly with a lid, reduce the heat to low, and let the rice simmer for 20-25 minutes, or until all the liquid is absorbed and the rice is tender and fluffy. Do not lift the lid during this time.

Marinate the Shrimp:

Make Marinade: While the rice cooks, in a medium bowl, whisk together the teriyaki sauce, honey, and fresh or jarred ginger (mashed or grated).

Marinate Shrimp: Add the peeled and deveined shrimp to the marinade. Toss the shrimp gently to ensure they are fully coated. Let the shrimp marinate for at least 15 minutes at room temperature. If marinating longer, refrigerate for up to 30 minutes.

Cook the Shrimp:

Grill/Pan-Fry Shrimp: Preheat your grill or a large skillet (cast iron or non-stick recommended) over medium-high heat. Lightly oil the grates or pan. Remove the shrimp from the marinade (discard leftover marinade) and place them on the hot grill or pan. Cook for about 2 minutes per side, or until they turn pink and opaque, and are cooked through. Be careful not to overcook, as shrimp can become rubbery.

Warm the Pineapple:

Prepare Pineapple: If using canned pineapple chunks, drain them thoroughly and pat them dry. If using fresh, ensure they are cut into bite-sized chunks.

Grill/Pan-Fry Pineapple: In the same skillet or on the grill, add the pineapple chunks. Grill or pan-fry them for about 2 minutes per side, until they develop light caramelization and grill marks. This enhances their sweetness.

Assemble and Serve:

Fluff Rice: Fluff the cooked rice with a fork and spoon generous portions onto serving plates or into bowls.

Arrange & Drizzle: Arrange the cooked teriyaki shrimp over the rice. Then, top with the warm, grilled pineapple chunks. Drizzle any remaining pan juices from cooking the shrimp and pineapple over the top of the bowls.

DIRECTIONS

1. Prepare the Rice: Rinse Rice: Rinse the white rice or jasmine rice under cold running water until the water runs clear. This removes excess starch, which helps the rice cook up fluffy and prevents stickiness.
2. Cook : Rice: In a medium pot, bring chicken broth to a boil. Once boiling, add the rinsed rice, a splash of low-sodium soy sauce (about 1 teaspoon per cup of rice), a dash of toasted sesame oil (about ½ teaspoon per cup of rice), and a sprinkle of garlic powder (about ½ teaspoon per cup of rice). Stir once to combine.
3. Simmer : Rice: Cover the pot tightly with a lid, reduce the heat to low, and let the rice simmer for 20-25 minutes, or until all the liquid is absorbed and the rice is tender and fluffy. Do not lift the lid during this time.
4. Marinate the Shrimp: Make Marinade: While the rice cooks, in a medium bowl, whisk together the teriyaki sauce, honey, and fresh or jarred ginger (mashed or grated).
5. Marinate : Shrimp: Add the peeled and deveined shrimp to the marinade. Toss the shrimp gently to ensure they are fully coated. Let the shrimp marinate for at least 15 minutes at room temperature. If marinating longer, refrigerate for up to 30 minutes.
6. Cook the Shrimp: Grill/Pan-Fry Shrimp: Preheat your grill or a large skillet (cast iron or non-stick recommended) over medium-high heat. Lightly oil the grates or pan. Remove the shrimp from the marinade (discard leftover marinade) and place them on the hot grill or pan. Cook for about 2 minutes per side, or until they turn pink and opaque, and are cooked

through. Be careful not to overcook, as shrimp can become rubbery.

7. Warm the Pineapple: Prepare Pineapple: If using canned pineapple chunks, drain them thoroughly and pat them dry. If using fresh, ensure they are cut into bite-sized chunks.
8. Grill/ Pan-Fry Pineapple: In the same skillet or on the grill, add the pineapple chunks. Grill or pan-fry them for about 2 minutes per side, until they develop light caramelization and grill marks. This enhances their sweetness.
9. Assemble and Serve: Fluff Rice: Fluff the cooked rice with a fork and spoon generous portions onto serving plates or into bowls.
10. Arrange & Drizzle: Arrange the cooked teriyaki shrimp over the rice. Then, top with the warm, grilled pineapple chunks. Drizzle any remaining pan juices from cooking the shrimp and pineapple over the top of the bowls.
11. Serve: Serve immediately to enjoy the juicy shrimp and warm pineapple flavors, and the aromatic rice.
12. Tips for Success: Don't Overcook Rice: Follow the 1:1 ratio for liquid to rice and resist lifting the lid during simmering for fluffy rice.
13. Don't : Over-Marinate Shrimp: Shrimp is delicate; 15-30 minutes is usually plenty. Longer can sometimes affect texture.
14. Don't : Overcook Shrimp: Shrimp cooks very quickly. As soon as it turns pink and opaque, it's done. Overcooked shrimp is rubbery.
15. Pat : Pineapple Dry: If using canned pineapple, patting it dry before grilling/pan-frying helps it caramelize better.
16. Hot : Grill/Pan: Ensure your cooking surface is hot for a good sear and caramelization on both the shrimp and pineapple.
17. Discard : Marinade: Always discard any marinade that has touched raw protein. Do not use it as a sauce unless it has been boiled vigorously.
18. Serving Suggestions and Pairings: This Teriyaki Shrimp & Pineapple Rice Bowl is a complete meal in itself, offering a perfect balance of protein, carbs, and fruit. It pairs wonderfully with:
 19. A side of steamed edamame or sugar snap peas.
 20. A light cucumber salad with a rice vinegar dressing.
 21. A sprinkle of sesame seeds or fresh cilantro for garnish.
22. For other fantastic chicken and : Asian-inspired dishes, you might also enjoy:
23. My Easy : Cheesy Chicken Sliders with Marinara Garlic Butter for a different type of protein.
24. My Easy : Cheese-Stuffed Chicken Wontons with Ranch: Golden, Crunchy, Addictive! for a delicious appetizer.
25. Storage and Leftover Tips: This Teriyaki Shrimp & Pineapple Rice Bowl is best enjoyed fresh. The shrimp and pineapple are at their peak texture immediately after cooking. If you have leftovers, store the shrimp, pineapple, and rice in separate airtight containers in the refrigerator for up to 1-2 days. To

reheat, warm the rice and shrimp gently in the microwave or on the stovetop with a splash of water, and briefly warm the pineapple (it might lose some crispness).

SWAPS & NOTES

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You can also use brown rice for a healthier option, but adjust cooking time according to package directions (and you may need slightly more liquid).

For a different flavor, consider using coconut rice .

Shrimp: Large shrimp are best as they stay plump and juicy.

TIPS FOR SUCCESS

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