

Pineapple Chicken and Rice: Sweet & Savory Tropical One-Pan Meal

Pineapple Chicken and Rice: A Sweet and Savory Tropical Delight for Dinner!



TIME
5-7 min

METHOD
Air fryer

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INGREDIENTS

- 1 pound boneless, skinless chicken breasts, thinly sliced (or chicken thighs)
- 1 tablespoon olive oil
- ½ onion, chopped
- 1 can (15 oz) pineapple chunks, drained (reserve a tiny bit of juice for the sauce if preferred)
- ... cup soy sauce (low sodium preferred)
- ... cup honey
- ... cup rice vinegar (unseasoned)
- 1 clove garlic, minced
- ... teaspoon red pepper flakes (optional, adjust for heat preference)
- 2 cups cooked rice (white or brown, for serving)

Swaps and Notes:

Chicken: Boneless, skinless chicken breasts are specified, but boneless, skinless chicken thighs would also be excellent for extra juiciness. Thinly slicing the chicken ensures it cooks quickly and absorbs the glaze well.

Pineapple: Canned pineapple chunks are convenient; ensure they are well-drained. Fresh pineapple chunks can also be used for a brighter flavor.

Soy Sauce: Low sodium soy sauce is recommended to control the overall saltiness.

Honey: Adds natural sweetness and helps create that sticky glaze. Maple syrup or brown sugar can be substituted.

Rice Vinegar: Provides a crucial tang that balances the sweetness of the honey and pineapple.

Garlic: Freshly minced garlic adds essential aromatic flavor.

Red Pepper Flakes (Optional): Adds a subtle warmth. Adjust quantity to your heat preference for a spicier dish.

Cooked Rice: This recipe assumes you have cooked rice ready for serving. Day-old rice is perfect.

Instructions:

Cook Chicken: In a large skillet or wok, heat 1 tablespoon olive oil over medium-high heat. Add the thinly sliced chicken breast and cook, stirring occasionally, until it is browned and cooked through, about 5-7 minutes. Remove the cooked chicken from the skillet and set aside.

Sauté Onion: Add the chopped onion to the same skillet (add a tiny bit more oil if needed). Sauté for about 3-4 minutes until softened and translucent.

Add Pineapple & Sauce Ingredients: Stir in the drained pineapple chunks with the softened onion. Then, pour in the soy sauce, honey, rice vinegar, minced garlic, and red pepper flakes (if using). Stir well to combine all ingredients. Bring the sauce to a gentle simmer.

Combine & Glaze: Return the cooked chicken to the skillet with the pineapple and sauce. Toss gently to coat the chicken and pineapple evenly in the sweet and savory glaze. Let it simmer for another 2-3 minutes, stirring, until the sauce has thickened slightly and beautifully coats the chicken.

Serve: Serve hot immediately over freshly cooked rice. Enjoy this tropical twist on a classic chicken dish!

Tips for Success:

Thinly Slice Chicken: This ensures fast and even cooking, allowing the chicken to absorb the glaze effectively.

Don't Overcook Chicken: Chicken breasts can dry out quickly. Cook just until cooked through.

Drain Pineapple Well: Excess pineapple juice can thin the sauce too much.

Taste and Adjust: Taste the sauce before adding the chicken back. Adjust sweetness (more honey), tanginess (more rice vinegar), or heat (more red pepper flakes) to your preference.

Quick Simmer for Sauce: The sauce comes together fast. Simmer just until it thickens slightly and coats a spoon.

Serving Suggestions and Pairings:

Serve with a side salad or steamed vegetables (like green beans or broccoli) to add more freshness.

A sprinkle of fresh cilantro or sliced green onions for garnish.

Storage and Leftover Tips:

DIRECTIONS

1. **Making :** Pineapple Chicken and Rice is incredibly quick and easy, primarily in one skillet!
2. **Cook :** Chicken: In a large skillet or wok, heat 1 tablespoon olive oil over medium-high heat. Add the thinly sliced chicken breast and cook, stirring occasionally, until it is browned and cooked through, about 5-7 minutes. Remove the cooked chicken from the skillet and set aside.
3. **SautØ Onion:** Add the chopped onion to the same skillet (add a tiny bit more oil if needed). SautØ for about 3-4 minutes until softened and translucent.
4. **Add :** Pineapple & Sauce Ingredients: Stir in the drained pineapple chunks with the softened onion. Then, pour in the soy sauce, honey, rice vinegar, minced garlic, and red pepper flakes (if using). Stir well to combine all ingredients. Bring the sauce to a gentle simmer.
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6. **Serve:** Serve hot immediately over freshly cooked rice. Enjoy this tropical twist on a classic chicken dish!
7. **Tips for Success:** Thinly Slice Chicken: This ensures fast and even cooking, allowing the chicken to absorb the glaze effectively.
8. **Don't :** Overcook Chicken: Chicken breasts can dry out quickly. Cook just until cooked through.
9. **Drain :** Pineapple Well: Excess pineapple juice can

thin the sauce too much.

10. Taste and : Adjust: Taste the sauce before adding the chicken back. Adjust sweetness (more honey), tanginess (more rice vinegar), or heat (more red pepper flakes) to your preference.
11. Quick : Simmer for Sauce: The sauce comes together fast. Simmer just until it thickens slightly and coats a spoon.
12. Serving Suggestions and Pairings: This Pineapple Chicken and Rice is a complete and incredibly satisfying meal on its own. It's perfect for a weeknight dinner, a casual family meal, or anytime you crave something quick and flavorful.
13. Serve with a side salad or steamed vegetables (like green beans or broccoli) to add more freshness.
14. A sprinkle of fresh cilantro or sliced green onions for garnish.
15. For other fantastic chicken and rice meals, consider my This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit or my Fajita Chicken Casserole.
16. Storage and Leftover Tips: Leftover Pineapple Chicken and Rice can be stored in an airtight container in the refrigerator for up to 3 days. To reheat, gently warm in a microwave or a skillet on the stovetop, adding a tiny splash of water or broth if the rice seems dry.
17. More Recipes You Will Love: If you loved the sweet, savory, and Asian-inspired flavors of this dish, here are a few more fantastic savory recipes that I think you'll absolutely love:
18. For another delicious grilled chicken with a sweet and savory marinade, check out my Hawaiian Teriyaki Chicken.
19. If you're a fan of tender chicken with a creamy, spiced sauce, my Chicken Satay with Peanut Sauce is a must-try.
20. For quick and flavorful chicken cooked in your air fryer, my Air Fryer Chicken Fajitas are perfect.
21. And for an incredibly cheesy and easy-to-make casual chicken meal, my Easy Cheesy Chicken Sliders with Marinara Garlic Butter are always a hit!
22. Final Thoughts: This Pineapple Chicken and Rice is a delightful culinary adventure - sweet, savory, and bursting with tropical flavor, all in one easy skillet. It's perfect for a quick, healthy, and incredibly satisfying dinner that feels both exotic and comforting. Give it a try, and enjoy this delicious tropical twist on a classic chicken dish!
23. What's your favorite fruit to use in a savory dish? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

The thinly sliced chicken cooks quickly and beautifully absorbs the rich glaze made from soy sauce, honey, and rice vinegar.

The pineapple chunks add a delightful juicy burst and natural sweetness, while the red pepper flakes offer a subtle (or bold!) kick.

It's primarily a one-skillet affair, which makes cleanup a breeze, and it's a complete meal that feels gourmet but is surprisingly simple to achieve.

It truly brings a taste of the tropics to your dinner table!

TIPS FOR SUCCESS

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Taste and Adjust: Taste the sauce before adding the chicken back.

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

Original recipe: <https://chefmaniac.com/pineapple-chicken-and-rice-sweet-savory-tropical-one-pan-meal/>