

Teriyaki Shrimp & Pineapple Rice Bowls: Sweet, Savory & Tropical

Teriyaki Shrimp and Pineapple Rice Bowls: A Perfect Balance of Savory and Tropical Freshness



TIME
25 min

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INGREDIENTS

- 1 cup white rice or jasmine rice
- 2 cups chicken broth
- 2 tbsp low-sodium soy sauce
- 1 ½ tsp toasted sesame oil
- 1 tsp garlic powder
- 1 lb large peeled and deveined shrimp
- ¾ cup teriyaki sauce
- 2 tbsp honey
- 1 tbsp fresh or jarred ginger, grated or minced
- 1 ½ cups pineapple chunks (canned in juice, well-drained, or fresh)

DIRECTIONS

1. Prepare the Seasoned Rice: Rinse the 1 cup white rice or jasmine rice under cold water until the water runs clear. This helps remove excess starch, resulting in fluffier rice. In a medium pot, bring the 2 cups chicken broth to a boil. Add the rinsed rice, 2 tablespoons low-sodium soy sauce, 1 ½ teaspoons toasted sesame oil, and 1 teaspoon garlic powder. Give the rice a quick stir once to combine. Cover the pot tightly with a lid, reduce the heat to low, and let it simmer for 20-25 minutes, or until all the liquid is absorbed and the rice is tender and fluffy. Remove from heat and let it sit (covered) for 5 minutes before fluffing with a fork.
2. Marinate the Shrimp: While the rice cooks, prepare the shrimp. In a medium bowl, whisk together the ¾ cup teriyaki sauce, 2 tablespoons honey, and 1 tablespoon fresh or jarred ginger (grated or minced) until well combined. Add the 1 pound large peeled and deveined shrimp to the marinade. Toss the shrimp in the marinade until evenly coated. Let it sit for at least 15 minutes at room temperature while you prepare other components. For deeper flavor, you can marinate for up to 30 minutes in the refrigerator.
3. Cook the Shrimp: Preheat a large skillet or grill pan over medium-high heat. Add a small drizzle of oil if not using a non-stick pan. Add the marinated shrimp to the hot pan (discard any leftover marinade). Grill or pan-fry the shrimp for about 2 minutes per side, or until they turn pink, curl into a C-shape, and are cooked through. Be careful not to overcook the shrimp, as they can become tough. Remove from heat.
4. Warm and Caramelize the Pineapple: While the shrimp

cooks, drain the pineapple chunks thoroughly if using canned, and pat them dry with paper towels. In the same skillet used for the shrimp (or on your grill), add the pineapple chunks. Grill or pan-fry for about 2 minutes per side until they are lightly golden brown and slightly caramelized. This step enhances their sweetness and adds a lovely char.

5. 5. Assemble and Serve: Fluff the cooked, seasoned rice with a fork and spoon it onto individual serving plates or into bowls. Arrange the cooked teriyaki shrimp over the rice, then generously top with the warm, grilled pineapple chunks. If there are any delicious pan juices from cooking the shrimp, drizzle them over the top for extra flavor. Serve immediately to enjoy the juicy shrimp and warm pineapple flavors!

SWAPS & NOTES

Rice: Jasmine rice is recommended for its aromatic quality and fluffy texture.

For a healthier option, use brown rice (adjust liquid and cooking time according to package directions).

Chicken Broth for Rice: Cooking the rice in chicken broth instead of water adds an extra layer of savory flavor.

Soy Sauce: Use low-sodium soy sauce to control the saltiness.

TIPS FOR SUCCESS

Rinse Rice Thoroughly: This prevents sticky rice and ensures a fluffy texture.

Don't Overcook Shrimp: Shrimp cook very quickly.

As soon as they turn pink and opaque, remove them from the heat to keep them tender.

Pat Pineapple Dry: Patting the pineapple chunks dry before grilling helps them caramelize instead of steam.

