

## Tropical Pineapple Chicken and Rice: A Sweet & Savory Island-Inspired Dish

Tropical Pineapple Chicken and Rice Delight ??



**TIME**  
**10 mins**

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### INGREDIENTS

- 2 cups cooked rice (white, brown, or jasmine)
- 1 pound chicken breast, diced
- 1 can (20 oz) pineapple chunks, drained
- 1 bell pepper, chopped (red, yellow, or green)
- 1 onion, chopped
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- Salt and pepper, to taste

How to Make Tropical Pineapple Chicken and Rice:

#### 1. Cook the Chicken:

Heat 1 tablespoon olive oil in a large skillet or pan over medium heat.

Add the diced chicken and cook until browned and fully cooked, about 5-7 minutes.

Season with a pinch of salt and pepper.

#### 2. Add the Veggies:

Toss in the chopped onion and bell pepper.

Cook for another 3-4 minutes, stirring occasionally, until they soften and become fragrant.

#### 3. Mix in the Pineapple:

Add the drained pineapple chunks to the pan.

Stir everything together and let the pineapple caramelize slightly for extra flavor.

#### 4. Add the Seasoning:

Pour in the soy sauce and mix well.

Taste and adjust seasoning with salt and pepper if needed.

#### 5. Combine with Rice:

Stir in the cooked rice and mix everything together until well combined.

Cook for another 2-3 minutes, allowing the rice to soak up the flavors.

#### 6. Serve & Enjoy!:

Dish out onto plates and serve warm.

Garnish with extra pineapple, fresh cilantro, or a squeeze of lime juice for an extra tropical twist.

Pro Tips for the Best Pineapple Chicken and Rice:

Fun Variations to Try:

What to Serve with Pineapple Chicken and Rice:

Steamed Edamame - A light, protein-rich appetizer.

Crispy Egg Rolls - The perfect crunchy side.

Garlic Green Beans - A fresh, flavorful veggie dish.

Cucumber Salad with Lime - A cooling, zesty contrast to the warm rice.

## DIRECTIONS

1. Cook the Chicken: Heat 1 tablespoon olive oil in a large skillet or pan over medium heat.
2. Add the diced chicken and cook until browned and fully cooked, about 5-7 minutes.
3. Season with a pinch of salt and pepper.
4. Add the Veggies: Toss in the chopped onion and bell pepper.
5. Cook for another 3-4 minutes, stirring occasionally, until they soften and become fragrant.
6. Mix in the Pineapple: Add the drained pineapple chunks to the pan.
7. Stir everything together and let the pineapple caramelize slightly for extra flavor.
8. Add the Seasoning: Pour in the soy sauce and mix well.
9. Taste and adjust seasoning with salt and pepper if needed.
10. Combine with Rice: Stir in the cooked rice and mix everything together until well combined.
11. Cook for another 2-3 minutes, allowing the rice to soak up the flavors.
12. Serve & Enjoy!: Dish out onto plates and serve warm.
13. Garnish with extra pineapple, fresh cilantro, or a squeeze of lime juice for an extra tropical twist.
14. Pro Tips for the Best Pineapple Chicken and Rice: ? Use Fresh Pineapple - If you have fresh pineapple on hand, chop it into small chunks for an even fresher taste.? Want Extra Flavor? Add a teaspoon of ginger or garlic for extra depth.? Caramelized Pineapple - SautØ the pineapple for a minute before adding it to the dish for extra sweetness.? Spicy Kick - Add

chili flakes or Sriracha for a little heat!? Make it Saucy - Drizzle a little teriyaki sauce for an extra layer of umami flavor.

15. Fun Variations to Try: ? Coconut Pineapple Chicken & Rice - Stir in ¼ cup coconut milk for a creamy, tropical twist.? Veggie-Packed Version - Add snap peas, carrots, or baby corn for extra crunch.? Hawaiian Shrimp & Rice - Swap the chicken for shrimp for a seafood twist.? Vegan-Friendly Option - Use tofu instead of chicken and coconut aminos instead of soy sauce.
16. What to Serve with Pineapple Chicken and Rice: This dish is delicious on its own, but here are some great side options to make it a complete meal:
17. Steamed : Edamame - A light, protein-rich appetizer.
18. Crispy : Egg Rolls - The perfect crunchy side.
19. Garlic : Green Beans - A fresh, flavorful veggie dish.
20. Cucumber : Salad with Lime - A cooling, zesty contrast to the warm rice.
21. FAQs About Pineapple Chicken and Rice: Q: Can I make this ahead of time?A: Yes! This dish stores well and tastes even better the next day. Keep it in an airtight container in the fridge for up to 3 days.
22. Q: Can I freeze it?A: Yes! Let it cool completely, then store in freezer-safe containers for up to 2 months. Reheat in a pan or microwave.
23. Q: Can I use a different grain instead of rice?A: Absolutely! Try using quinoa, cauliflower rice, or even noodles for a fun variation.
24. Q: What's the best way to reheat leftovers?A: The best way to retain texture and flavor is to reheat in a skillet with a splash of water or broth.
25. A Sweet & Savory Tropical Meal You'll Want to Make Again & Again: This Tropical Pineapple Chicken and Rice is the perfect balance of sweet, savory, and satisfying flavors, making it an easy go-to meal when you need something delicious in a hurry. Whether you're making it for family dinner, meal prep, or a summer-inspired dish, this recipe will bring island vibes straight to your kitchen!

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

Original recipe: <https://chefmaniac.com/tropical-pineapple-chicken-and-rice-a-sweet-savory-island-inspired-dish/>