

## 30-Minute Tropical Pineapple Chicken and Rice Stir-Fry: Easy Weeknight Dinner

Why I Love This Pineapple Chicken and Rice Recipe



**Pineapple Chicken and Rice**

Ingredients:  
1 lb (~450g) chicken breast, cubed  
1 cup pineapple chunks

**TIME**  
**30 min**

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### INGREDIENTS

#### Swaps and Notes:

**Protein:** Swap the chicken breast for shrimp (cook for only 2-3 minutes) or use cubed firm tofu for a vegetarian version.

**Vegetables:** Feel free to toss in other quick-cooking veggies like red bell peppers, snap peas, or shredded carrots alongside the onion.

**Sauce Boost:** For a richer, deeper flavor, add a teaspoon of rice vinegar to the sauce mixture.

**Spicy Kick:** A pinch of red pepper flakes stirred in with the sauce will give it a nice heat boost.

#### Step-by-Step Instructions:

**Brown the Chicken:** Heat the olive oil in a large skillet or wok over medium-high heat. Add the cubed chicken breast and season lightly with salt and pepper. Cook until the chicken is golden brown and cooked through, about 5-7 minutes. Remove the chicken from the pan and set it aside, leaving any oil/juices behind.

**Sauté Aromatics:** Add the chopped onion to the pan and cook for 3-4 minutes until softened. Stir in the minced garlic and cook for about 30 seconds until fragrant.

**Build the Sauce:** Return the chicken to the pan. Add the pineapple chunks, soy sauce, honey, and ginger powder. Stir well to coat the chicken and pineapple.

**Simmer and Thicken:** Let the mixture simmer gently for 5-7 minutes. The sauce will bubble and thicken

into a nice, glossy glaze.

**Toss in Rice:** Add the cooked rice to the pan. Stir everything together well, ensuring the rice is fully coated in the sauce and heated through.

**Serve:** Taste and adjust seasoning (add more soy sauce, salt, or pepper if needed). Garnish with fresh parsley or green onions and serve warm immediately.

**Tips for Success:**

**Prep is Key:** Have all your ingredients-especially the cubed chicken and chopped onion-ready to go before you start cooking. This is a stir-fry, and it moves fast!

**Hot Pan, Not Too Crowded:** Make sure your pan is good and hot before adding the chicken. Don't overcrowd the pan, or the chicken will steam instead of brown. If necessary, cook the chicken in two batches.

**The Leftover Rice Secret:** Using cold, day-old rice is not just a tip; it's practically a requirement for the best stir-fries. It helps prevent the rice from clumping and ensures it absorbs the sauce beautifully.

**Teriyaki Splash:** For an even richer, deeper umami flavor, add a splash of teriyaki sauce along with the soy sauce and honey.

**Serving Suggestions and Pairings:**

**Veggies:** A light side of steamed broccoli or a simple cucumber salad provides a fresh, green crunch.

**Appetizer:** Start your meal with a cheesy, comforting dip like my recipe for The Ultimate Cheesy Hot Dip to get the party started.

**Drink Pairing:** The sweetness of this dish pairs wonderfully with a refreshing, slightly tart beverage. Try serving it with homemade Blueberry Lemonade for the ultimate tropical combo.

**Dessert:** Follow up this sweet and savory dinner with a decadent treat like These Chocolate Chip Cookie Dough Brownie Bombs-they're always a favorite.

**Nutritional Information (Per Serving):**

**Storage and Leftover Tips:**

**Storage:** Store leftovers in an airtight container in the refrigerator for up to 3-4 days.

**Reheating:** This dish reheats well! The best way is in a skillet over medium heat with a tiny splash of water or oil to prevent it from drying out. You can also microwave it in 30-second intervals.

**Freezing:** I do not recommend freezing this dish. The rice and sauce texture tends to break down upon thawing, resulting in a mushy texture.

**More Recipes You Will Love:**

For another fantastic chicken and rice dish that

feeds a crowd, check out my Mexican Chicken and Rice Casserole.

If you're in the mood for Italian comfort, you can't go wrong with my Classic Spaghetti Recipe with Homemade Sauce.

Need a fast way to feed a lot of hungry people? My Sheet Pan Quesadillas are a game-changer.

Final Thoughts:

## DIRECTIONS

1. Follow these simple steps for a perfect, restaurant-quality meal.
2. Brown the : Chicken: Heat the olive oil in a large skillet or wok over medium-high heat. Add the cubed chicken breast and season lightly with salt and pepper. Cook until the chicken is golden brown and cooked through, about 5-7 minutes. Remove the chicken from the pan and set it aside, leaving any oil/juices behind.
3. SautØ Aromatics: Add the chopped onion to the pan and cook for 3-4 minutes until softened. Stir in the minced garlic and cook for about 30 seconds until fragrant.
4. Build the : Sauce: Return the chicken to the pan. Add the pineapple chunks, soy sauce, honey, and ginger powder. Stir well to coat the chicken and pineapple.
5. Simmer and : Thicken: Let the mixture simmer gently for 5-7 minutes. The sauce will bubble and thicken into a nice, glossy glaze.
6. Toss in : Rice: Add the cooked rice to the pan. Stir everything together well, ensuring the rice is fully coated in the sauce and heated through.
7. Serve: Taste and adjust seasoning (add more soy sauce, salt, or pepper if needed). Garnish with fresh parsley or green onions and serve warm immediately.
8. Tips for Success: Prep is Key: Have all your ingredients-especially the cubed chicken and chopped onion-ready to go before you start cooking. This is a stir-fry, and it moves fast!
9. Hot : Pan, Not Too Crowded: Make sure your pan is good and hot before adding the chicken. Don't overcrowd the

pan, or the chicken will steam instead of brown. If necessary, cook the chicken in two batches.

10. The : Leftover Rice Secret: Using cold, day-old rice is not just a tip; it's practically a requirement for the best stir-fries. It helps prevent the rice from clumping and ensures it absorbs the sauce beautifully.
11. Teriyaki : Splash: For an even richer, deeper umami flavor, add a splash of teriyaki sauce along with the soy sauce and honey.
12. Serving Suggestions and Pairings: This dish is a complete meal on its own, but a light side can elevate the experience:
13. Veggies: A light side of steamed broccoli or a simple cucumber salad provides a fresh, green crunch.
14. Appetizer: Start your meal with a cheesy, comforting dip like my recipe for The Ultimate Cheesy Hot Dip to get the party started.
15. Drink : Pairing: The sweetness of this dish pairs wonderfully with a refreshing, slightly tart beverage. Try serving it with homemade Blueberry Lemonade for the ultimate tropical combo.
16. Dessert: Follow up this sweet and savory dinner with a decadent treat like These Chocolate Chip Cookie Dough Brownie Bombs-they're always a favorite.
17. Nutritional Information (Per Serving): This is an estimated value based on 4 servings.
18. Export to : Sheets
19. Note: Nutritional values can vary based on exact ingredient amounts, cuts of chicken, and type of rice used.
20. Storage and Leftover Tips: Storage: Store leftovers in an airtight container in the refrigerator for up to 3-4 days.
21. Reheating: This dish reheats well! The best way is in a skillet over medium heat with a tiny splash of water or oil to prevent it from drying out. You can also microwave it in 30-second intervals.
22. Freezing: I do not recommend freezing this dish. The rice and sauce texture tends to break down upon thawing, resulting in a mushy texture.
23. More Recipes You Will Love: If you enjoy easy, flavorful, and filling meals like this one, here are a few other favorites from the kitchen that I know you'll want to try:
24. For another fantastic chicken and rice dish that feeds a crowd, check out my Mexican Chicken and Rice Casserole.
25. If you're in the mood for : Italian comfort, you can't go wrong with my Classic Spaghetti Recipe with Homemade Sauce.

## SWAPS & NOTES

Chicken Breast 1 lb (?450g), cubed Cut into 1-inch pieces for quick, even cooking.

Pineapple Chunks 1 cup Fresh or canned (drained) both work great.

Onion 1 small, chopped I prefer a white or yellow onion.

Garlic 1 clove, minced Don't skip the fresh garlic!

## TIPS FOR SUCCESS

Prep is Key: Have all your ingredients-especially the cubed chicken and chopped onion-ready to go before you start cooking.

This is a stir-fry, and it moves fast!

Hot Pan, Not Too Crowded: Make sure your pan is good and hot before adding the chicken.

Don't overcrowd the pan, or the chicken will steam instead of brown.

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

Original recipe: <https://chefmaniac.com/30-minute-tropical-pineapple-chicken-and-rice-stir-fry-easy-weeknight-dinner/>