

## Teriyaki Pineapple Chicken & Rice Stuffed Peppers: A Sweet, Savory, and Satisfying Dinner

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OVEN  
375°F

TIME  
30 min

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### INGREDIENTS

You'll Need Yields: 4 servings Prep time: 30 minutes (plus optional marinating) Cook time: 35 minutes IngredientQuantity

### DIRECTIONS

1. Steps for : Teriyaki Pineapple Chicken Stuffed Peppers
2. This recipe is broken down into three simple stages: marinating, cooking the filling, and baking the peppers.
3. Prepare and : Marinate the Chicken (30 minutes)
4. In a medium bowl, combine the diced
5. teriyaki sauce
6. pineapple juice
7. cornstarch
8. . Stir everything together until the chicken is thoroughly coated.
9. for at least
10. 30 minutes
11. in the refrigerator. If you have time, marinating for up to 2 hours will give you deeper flavor.
12. Prep and : Cook the Filling (15 minutes)
13. While the chicken marinates,
14. preheat your oven to 375°F (190°C)
15. Prepare the : Peppers:
16. Cut the tops off the
17. bell peppers
18. . Use a spoon or small knife to scoop out all the seeds and membranes inside. Place the prepared peppers in a baking dish.
19. Cook the : Chicken:
20. vegetable oil
21. in a large skillet or wok over medium-high heat. Add the marinated chicken and cook for

22. 5-7 minutes
23. , stirring occasionally, until it is cooked through and no longer pink. The sauce should have thickened into a light glaze.
24. Assemble the : Filling:
25. Turn off the heat. In the skillet, combine the cooked chicken mixture with the

## SWAPS & NOTES

Export to Sheets Swaps and Notes Protein: You can easily swap the chicken for 1 lb of ground turkey or firm tofu, adjusting the cooking time as necessary.

Brown rice, quinoa, or even cauliflower rice for a lower-carb option.

Vegetables: Add in 1/2 cup of shredded carrots or water chestnuts for extra crunch.

Heat: A dash of Sriracha or red pepper flakes in the marinade will give this dish a nice kick.

## TIPS FOR SUCCESS

Pre-Cooked Rice is Key: Don't try to use raw rice.

The bake time for the peppers is not long enough to cook rice fully.

Using cold leftover rice is actually better, as it separates easily and mixes well.

Use the Right Peppers: Red, yellow, and orange peppers are sweeter and soften quicker than green ones.

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

Original recipe: <https://chefmaniac.com/teriyaki-pineapple-chicken-rice-stuffed-peppers-a-sweet-savory-and-satisfying-dinner/>