

Easy Pineapple Chicken and Rice: A 20-Minute Tropical Dinner

1 pound, boneless and skinless, thinly sliced for quick cooking.



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30 min

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INGREDIENTS

Chicken Breasts: 1 pound, boneless and skinless, thinly sliced for quick cooking.

Olive Oil: 1 tablespoon for searing.

Onion: 1/2 onion, chopped (yellow or white works best).

Pineapple Chunks: 1 can (15 oz), drained. Save a splash of the juice if you want extra sauce!

Soy Sauce: 1/4 cup (use low-sodium if you are watching your salt intake).

Honey: 1/4 cup for that perfect floral sweetness.

Rice Vinegar: 1/4 cup to balance the sugar with a hit of acidity.

Garlic: 1 clove, minced (or two, if you're a garlic lover like me).

Red Pepper Flakes: 1/4 teaspoon (optional, but adds a great subtle heat).

Cooked Rice: 2 cups (White, jasmine, or brown rice all work beautifully).

DIRECTIONS

- 1. Sear the Chicken:** In a large skillet, heat the olive oil over medium-high heat. Add your sliced chicken. Cook until the pieces are nicely browned and cooked through. Once finished, remove the chicken from the skillet and set it aside on a plate.
- 2. Sauté the Aromatics:** In the same skillet (don't wash it! those brown bits are flavor), add your chopped onion. Cook for 3-4 minutes until they become soft and translucent.
- 3. Build the Sauce:** Stir in the drained pineapple chunks, soy sauce, honey, rice vinegar, minced garlic, and red pepper flakes. Let the mixture simmer for a minute so the flavors can marry.
- 4. Glaze the Chicken:** Return the cooked chicken to the skillet. Toss everything together until the chicken is thoroughly coated in that sticky, sweet sauce. Let it simmer for another 2 minutes until the sauce thickens slightly.
- 5. Serve:** Spoon the chicken and pineapple mixture generously over your warm, cooked rice.

SWAPS & NOTES

This sauce works wonders with shrimp or even firm tofu.

The Rice: If you want a lower-carb option, serve this over cauliflower rice.

Canned: While canned pineapple is convenient, fresh pineapple chunks add a wonderful texture if you have one on hand.

Vinegar: If you don't have rice vinegar, apple cider vinegar is a suitable substitute, though it's slightly more "sharp."

Step-by-Step Instructions
Sear the Chicken: In a large skillet, heat the olive oil over medium-high heat.

TIPS FOR SUCCESS

High Heat is Key: To get that beautiful golden color on the chicken without overcooking it, make sure your pan is nice and hot before the chicken hits the oil.

Don't Overcrowd: If your skillet is small, sear the chicken in two batches.

This prevents the chicken from steaming and ensures it gets a good crust.

Thicken the Sauce: If you prefer a very thick sauce, you can mix 1 teaspoon of cornstarch with a tablespoon of water and stir it into the simmering sauce at the very end.

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