

Teriyaki Pineapple Chicken & Rice Stuffed Peppers - Sweet & Savory Perfection

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OVEN
375°F

TIME
30 min

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INGREDIENTS

You'll Need:

- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup teriyaki sauce
- 1/4 cup pineapple juice
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil
- 4 large bell peppers (any color)
- 1 cup cooked white rice
- 1 cup diced pineapple
- 1/4 cup chopped green onions
- Salt and pepper, to taste
- Sesame seeds (optional garnish)

DIRECTIONS

- 1.** Marinate the Chicken: In a bowl, combine chicken cubes, teriyaki sauce, pineapple juice, and cornstarch. Stir well to coat. Marinate for at least 30 minutes (up to 2 hours) in the refrigerator.
- 2.** Cook the Chicken: Heat vegetable oil in a large skillet over medium-high heat. Add the marinated chicken and cook for 5-7 minutes, or until fully cooked and slightly caramelized.
- 3.** Prepare the Peppers: Preheat oven to 375°F (190°C). Slice the tops off the bell peppers and remove seeds and membranes. Lightly season the insides with salt.
- 4.** Cook the Rice (If Not Already Prepared): Cook white rice according to package instructions until fluffy.
- 5.** Mix the Filling: In a large bowl, combine cooked chicken, rice, diced pineapple, and chopped green onions. Season with salt and pepper to taste.
- 6.** Stuff the Peppers: Spoon the filling evenly into the prepared bell peppers.
- 7.** Bake: Place stuffed peppers in a baking dish. Bake for 20-25 minutes, until peppers are tender and filling is heated through.
- 8.** Garnish & Serve: Top with sesame seeds and additional green onions before serving.

SWAPS & NOTES

Rice Options: Brown rice or jasmine rice both work beautifully.

Protein Swap: Try diced chicken thighs for extra juiciness.

Add Veggies: Stir in shredded carrots, snap peas, or finely chopped broccoli for extra nutrition.

Make It Spicy: Add a splash of sriracha or red pepper flakes.

TIPS FOR SUCCESS

Don't overcook the chicken before baking-it will continue cooking in the oven.

Pre-soften peppers by microwaving for 2-3 minutes if you prefer them extra tender.

Use colorful peppers for a vibrant presentation.

Let them rest for 5 minutes after baking to help the filling settle.

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

Original recipe: <https://chefmaniac.com/teriyaki-pineapple-chicken-rice-stuffed-peppers-sweet-savory-perfection/>