

## Pineapple Chicken & Rice: A Sweet and Savory One-Pan Dinner Everyone Loves

Few dinners hit that perfect balance of



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

For the Chicken and Rice:

- 4 boneless skinless chicken breasts or thighs
- 1 1/2 cups long-grain white rice
- 1 (20-ounce) can crushed pineapple
- Olive oil

For the Teriyaki Sauce/Glaze:

- 1/2 cup reduced sodium soy sauce
- 1/2 cup sugar
- 1/4 cup cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon ginger powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon sriracha
- 2 teaspoons cornstarch

### DIRECTIONS

1. Mix the teriyaki sauce: Whisk together the soy sauce, sugar, cider vinegar, garlic powder, ginger powder, salt, black pepper, sriracha, and cornstarch in a small bowl until smooth.
2. Marinate the chicken: Add 1/3 cup of the teriyaki sauce and 1 tablespoon olive oil to a freezer bag or shallow dish with the chicken. Let it marinate for at least 1 hour or up to overnight in the refrigerator. Refrigerate the remaining sauce separately.
3. Make the pineapple water: Strain the juice from the crushed pineapple into a measuring cup. Add enough water to the juice to equal 3 1/2 cups liquid. Set this pineapple water aside for cooking the rice.
4. Cook the glaze: Pour the reserved teriyaki sauce into a large skillet, preferably nonstick. Bring it to a boil, then reduce to a simmer and stir constantly until slightly thickened. It will continue to thicken as it stands. Remove the glaze and set it aside.
5. Brown the chicken: Wipe out the skillet, then heat 1 tablespoon olive oil over high heat. Let the excess marinade drip off the chicken and place it in the skillet. Cook over medium-high heat for about 5 minutes per side for chicken breasts, or about 3 minutes per side for thighs, until nicely browned. The chicken does not need to be fully cooked yet. Remove it to a plate.
6. Cook the rice: Wipe the skillet again, then add 1 tablespoon olive oil and the pineapple water. Bring it to a simmer, then stir in the crushed pineapple and rice. Cover, reduce the heat to medium-low, and cook for 12 minutes.

7. Finish everything together: Stir the rice, then nestle the browned chicken on top. Brush the chicken generously with the teriyaki glaze. Cover again and cook for another 8 to 12 minutes, or until the rice is tender and the chicken is cooked through.
8. Glaze and serve: Brush the chicken with more glaze before serving. Taste the rice and season with freshly cracked salt and pepper. Add a little extra sriracha if you want more heat.

## SWAPS & NOTES

There's plenty of room to make this recipe work for your kitchen and your taste.

Chicken: Chicken thighs tend to stay extra juicy and are very forgiving.

Chicken breasts work beautifully too and give a slightly leaner result.

Rice: Long-grain white rice is best here because it cooks evenly and stays fluffy.

## TIPS FOR SUCCESS

A few simple tips make this recipe even better: Marinate the chicken as long as you can for the most flavor.

Don't skip browning the chicken first.

That step adds color and a deeper savory flavor.

Keep an eye on the glaze while it simmers since it thickens quickly.

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