Pineapple Chicken and Rice

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Introduction

Pineapple Chicken and Rice is a delectable dish that combines tender chicken with sweet pineapple and fluffy jasmine rice, creating a harmonious blend of flavors. This one-pan meal is not only easy to prepare but also a crowd-pleaser, making it perfect for family dinners. With vibrant colors and enticing aromas, this dish will surely delight your taste buds.

Detailed Ingredients with measures

1 pound chicken breast, cubed
1 cup pineapple, cubed
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, diced
1 cup jasmine rice
2 cups chicken broth
1 tablespoon soy sauce
1 teaspoon ginger, grated
Salt and pepper to taste
1/4 cup green onions, sliced
1 tablespoon sesame seeds

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cooking Time: 30 minutes
Total Time: 40 minutes
Servings: 4

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Detailed Directions and Instructions

Step 1: Prepare the Chicken

In a large skillet, heat the olive oil over medium heat. Add the cubed chicken breast and cook until golden brown and cooked through, approximately 5-7 minutes. Once done, remove the chicken from the skillet and set it aside.

Step 2: Sauté the Vegetables

In the same skillet, add the chopped onion, minced garlic, and diced red bell pepper. Cook these vegetables until they are softened, about 3-4 minutes.

Step 3: Add the Pineapple

Next, add the cubed pineapple to the skillet. Cook for an additional 2 minutes, allowing the flavors to blend.

Step 4: Incorporate the Rice

Stir in the jasmine rice, chicken broth, soy sauce, grated ginger, salt, and pepper. Bring the mixture to a boil.

Step 5: Cook the Rice

Once boiling, reduce the heat to low. Cover the skillet with a lid and let it simmer for 18-20 minutes, or until the rice is cooked through and the liquid is absorbed.

See also Spiced Apple Cider Donut Loaf with a Cinnamon Sugar Crust

Step 6: Combine Chicken and Rice

After the rice is cooked, return the chicken to the skillet. Mix everything well and heat through for an additional 2-3 minutes.

Step 7: Serve

Serve the pineapple chicken and rice hot, garnished with sliced green onions and sesame seeds.

Notes

Serving Size

This recipe serves approximately 4 people.

Prep and Cooking Times

The total preparation time is 10 minutes, and the cooking time is around 30 minutes, bringing the total to 40 minutes.

Variations

Feel free to add other vegetables like carrots or peas for added color and nutrition.

Storage Instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or microwave until warmed through.

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Cook techniques

Sautéing

Sautéing is a cooking technique that involves cooking food quickly in a small amount of oil or fat over medium to high heat. In this recipe, chicken breast cubes are sautéed until golden brown, which helps to develop flavor and texture.

Chopping

Chopping is the process of cutting ingredients into small pieces, which allows them to cook evenly and blend well with other flavors. Onions, garlic, and bell peppers are chopped for this dish to enhance the overall flavor profile.

Simmering

Simmering involves cooking food gently in a liquid at a low temperature, just below boiling point. The rice in this recipe is simmered in chicken broth, allowing it to absorb flavors while becoming tender.

Garnishing

Garnishing is the finishing touch to a dish that adds flavor and visual appeal. In this recipe, sliced green onions and sesame seeds are used to garnish the Pineapple Chicken and Rice, adding color and texture.

See also Easy Stuffing

FAQ

Can I use brown rice instead of jasmine rice?

Yes, you can use brown rice, but you will need to adjust the cooking time and liquid. Brown rice typically takes longer to cook and requires more broth.

What can I substitute for chicken if I want a vegetarian option?

You can substitute the chicken with tofu or tempeh for a vegetarian option, ensuring you cook them until golden brown for the best flavor and texture.

Can this dish be made ahead of time?

Yes, you can prepare this dish ahead of time. Store it in an airtight container in the refrigerator for up to 3 days. Reheat thoroughly before serving.

Is it spicy?

The recipe is not spicy, but you can add red pepper flakes or chopped jalapeños if you prefer a spicier flavor.

Can I add other vegetables to the dish?

Absolutely! Feel free to add vegetables like carrots, peas, or snap peas to increase the nutritional value and flavor of the dish. Just add them during the sautéing step.

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Conclusion

Pineapple Chicken and Rice is a delightful dish that combines the sweet and savory flavors of pineapple and chicken, making it a perfect meal for any occasion. The combination of jasmine rice and vibrant vegetables creates a wholesome and satisfying dinner that is both quick and easy to prepare. With its vibrant colors and delicious taste, this meal is sure to be a hit with family and friends.

Sweet and Sour Chicken

Combine chicken with pineapple, bell peppers, and a tangy sweet and sour sauce for a delightful twist.

Teriyaki Chicken and Rice Bowl

Enhance the dish by marinating the chicken in teriyaki sauce and serving it over rice with steamed vegetables.

See also Pizza Hut Style Cheese Sticks

Pineapple Fried Rice

Use leftover rice by stir-frying it with pineapple, peas, carrots, and scrambled eggs for a quick and tasty meal.

Chicken Pineapple Skewers

Skewer chicken cubes and pineapple chunks and grill for a delicious, tropical-flavored dish.

Vegetable Stir-Fry with Pineapple

Make a vibrant vegetable stir-fry by adding a mix of your favorite

veggies, pineapple, and soy sauce for extra flavor.

Curried Pineapple Chicken

Add curry powder to the chicken while cooking for an exotic flavor with a hint of sweetness from the pineapple.

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