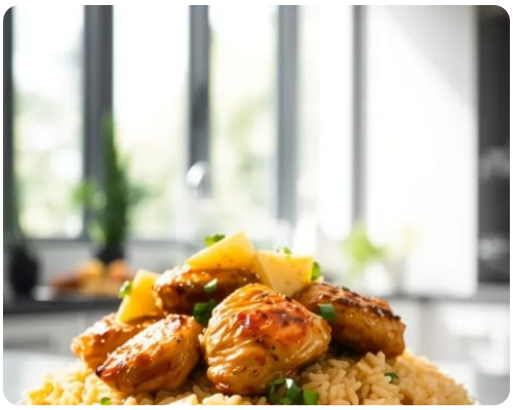


Foodnity Recipes

Irresistible Pineapple Chicken & Rice – One-Pan Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1½ lbs boneless chicken thighs, cut into bite-size pieces
- [ ] 1 cup fresh pineapple chunks
- [ ] 1 cup jasmine rice
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 tbsp fresh ginger, minced
- [ ] 2 garlic cloves, minced
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tbsp olive oil
- [ ] Juice of half a lime
- [ ] Salt and pepper to taste
- [ ] Fresh cilantro, chopped for garnish

Instructions

1. Pat the chicken pieces dry, season with salt and pepper, then heat olive oil in a large skillet over medium-high heat.
2. Sear the chicken until golden on all sides, about 4-5 minutes; remove and set aside.
3. In the same skillet, add ginger and garlic, sauté for 30 seconds, then stir in soy sauce and honey.
4. Add the rice, stirring to coat each grain, then pour in the broth and bring to a gentle boil.
5. Nestle the chicken pieces and pineapple chunks into the rice, cover, and reduce heat to low. Simmer for 15-18 minutes until rice is tender and liquid absorbed.
6. Finish with a squeeze of lime juice, stir gently, garnish with cilantro, and serve hot.

Nutrition per serving

420 kcal	28 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rice looks dry before fully cooked, add a splash of water.
- For extra zing, drizzle a little extra honey just before serving.
- Allow the dish to rest for 5 minutes after cooking for flavors to meld.