

- Prep Time: 10 Minutes
 - Cook Time: 15 Minutes
 - Total Time: 25 Minutes
 - Servings: 4 Bowls
 - Calories: ~480 kcal per serving
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Introduction

Take your taste buds on a vacation with this Tropical Pineapple Chicken Rice Bowl. This dish is the ultimate balance of flavors: savory seared chicken breast, sweet caramelized pineapple, crunchy bell peppers, and a zesty ginger-soy glaze. Served over a bed of fluffy jasmine rice and garnished with fresh green onions and sesame seeds, it's a colorful, nutrient-dense meal that looks as good as it tastes. Whether you are meal-prepping for the week or looking for a fast family dinner, this bowl delivers restaurant-quality results in under 30 minutes.

Ingredients

For the Chicken & Marinade

- 1.5 lbs (680g) boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 tbsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tbsp cornstarch
- 1 tsp toasted sesame oil

- 1 tsp freshly grated ginger
- 2 cloves garlic, minced

For the Bowl

- 2 cups fresh pineapple chunks (or canned in juice, drained)
- 1 large red bell pepper, diced
- 1 medium red onion, sliced
- 2 tbsp avocado oil or vegetable oil (for high-heat searing)
- 3 cups cooked Jasmine rice (about 1 cup dry)

For the Glaze

- 3 tbsp low-sodium soy sauce
- 2 tbsp honey (or maple syrup)
- 1 tbsp rice vinegar

- 1 tsp Sriracha (optional, for heat)
- 1 tsp cornstarch mixed with 1 tbsp water (slurry)

Garnishes

- 2 green onions, thinly sliced
 - 1 tbsp toasted sesame seeds
 - 1/4 cup fresh cilantro, chopped (optional)
 - 1 lime, cut into wedges
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Equipment

- Large skillet or Wok
- Mixing bowls
- Whisk

- Chef's knife and cutting board
 - Rice cooker or saucepan
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Instructions

Step 1: Marinate the Chicken (Intensity: Low)

In a medium bowl, combine the chicken cubes, 2 tablespoons of soy sauce, 1 tablespoon of cornstarch, sesame oil, grated ginger, and minced garlic. Toss until the chicken is evenly coated. Let this sit while you chop your vegetables. The cornstarch is crucial here; it creates a velvety texture on the chicken and helps it brown beautifully.

Step 2: Prepare the Glaze (Intensity: Low)

In a small bowl, whisk together the remaining 3 tablespoons of soy sauce, honey, rice vinegar, and Sriracha (if using). In a separate tiny cup, mix the cornstarch with water to create a slurry. Set both aside.

Step 3: Sear the Chicken (Intensity: High)

Place a large skillet or wok over medium-high heat and add 1 tablespoon of oil. Once the oil is shimmering (but not smoking), add the chicken in a single layer. Important: Do not overcrowd the pan. If your pan is small, cook the chicken in two batches.

Sear the chicken undisturbed for 3-4 minutes to develop a golden crust. Flip and cook for another 2-3 minutes until the chicken is cooked through (internal temperature reaches 165°F/74°C). Remove the chicken from the pan and set it aside on a plate.

Step 4: Sauté the Vegetables (Intensity: Medium-High)

Add the remaining 1 tablespoon of oil to the hot pan. Add the sliced red onion and diced red bell pepper. Sauté for 3-4 minutes until the onions are slightly translucent and the peppers are tender-crisp.

Step 5: Caramelize the Pineapple (Intensity: Medium)

Add the pineapple chunks to the pan with the vegetables. Let them sit for 2 minutes without stirring to allow them to caramelize and pick up color. Then, stir and cook for an additional 1-2 minutes. The natural sugars in the pineapple will begin to release and candy slightly.

Step 6: Combine and Thicken (Intensity: Medium)

Return the cooked chicken to the pan. Pour the prepared glaze over the chicken, vegetables, and pineapple. Bring the mixture to a simmer. Stir in the cornstarch slurry and cook for 1-2 minutes until the sauce thickens and coats the back of a spoon. The sauce should be glossy and sticky.

Step 7: Assemble the Bowls (Intensity: Low)

Divide the cooked Jasmine rice evenly among four bowls. Top with a generous portion of the pineapple chicken mixture. Spoon any extra sauce from the pan over the top.

Step 8: Garnish and Serve (Intensity: Low)

Sprinkle each bowl with sliced green onions, toasted sesame seeds, and fresh cilantro. Serve with a lime wedge on the side to squeeze over the dish for a fresh acidity that cuts through the sweetness.

Recipe Notes & Tips

- **Chicken Substitutions:** Not a fan of chicken? This recipe works beautifully with shrimp (cook for only 2 minutes) or firm tofu (press well before cubing).
- **Pineapple Choice:** Fresh pineapple is best for texture, but canned pineapple chunks in 100% juice work well in a pinch. Avoid pineapple in heavy syrup, as it will make the dish too sweet.
- **Rice Varieties:** While Jasmine rice is traditional, you can swap it for brown rice, cauliflower rice (for a low-carb option), or quinoa.
- **Meal Prep:** This recipe stores excellently. Portion into airtight containers and refrigerate for up to 4 days. Reheat in the microwave for 2 minutes.

Nutritional Information (Per Serving)

Note: Nutritional values are estimates and will vary based on specific ingredients and portion sizes.

- **Calories:** 485 kcal
- **Total Fat:** 12g

- Saturated Fat: 2g
- Cholesterol: 85mg
- Sodium: 680mg
- Total Carbohydrates: 60g
- Dietary Fiber: 4g
- Total Sugars: 18g (includes honey and pineapple)
- Protein: 35g
- Vitamin C: 60% DV
- Iron: 15% DV
- Calcium: 4% DV