

CHICKEN TERIYAKI PINEAPPLE BOWLS

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COOK TIME: 25mins

SERVES: 4

CALORIES: 400 kcal (PER SERVING)

INGREDIENTS

1 pound chicken breast fillets,
cut into bite-sized pieces
6 garlic cloves, grated
1 tbsp grated ginger
¼ cup teriyaki sauce, more to taste
1 tbsp vegetable oil
1 tbsp unsalted butter
½ fresh pineapple, cut into chunks
2 tbsp sriracha
1 tsp cornstarch whisked with ¼ cup water
1 cup sushi rice, or white rice or jasmine
sesame seeds and cilantro, for serving

DIRECTIONS

Cut the chicken fillets into bite-sized pieces. Transfer to a bowl and combine with ginger, garlic and 3 tablespoons teriyaki sauce. Set aside for at least 15 minutes or let marinate for a full day in the refrigerator.

Cook the rice according to package instructions.

Peel and cut the pineapple into chunks.

Heat oil and butter in a skillet over high. Place the chicken in a single layer and sear, undisturbed for 2 minutes. Then start to stir and cook the chicken until golden brown. Add pineapple, cook until caramelized. Stir in the remaining teriyaki sauce, cornstarch dissolved in water and sriracha. Simmer for 1-2 minutes, until nice and thick. Add more teriyaki sauce, if needed.

Finish off with cilantro and sesame seeds. Serve over rice. Enjoy!

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