

# Pineapple Fried Rice with Pineapple-soy Glazed Chicken Skewers

written by The Recipe Exchange | February 4, 2016

## **Ingredients**

For the chicken skewers:

$\frac{1}{2}$  cup pineapple juice, reserved from can of pineapple (see below)

$\frac{1}{2}$  cup Kikkoman Less Sodium Soy Sauce

$\frac{1}{4}$  cup honey

4 thin-cut chicken breasts, halved lengthwise or 8 chicken tenders (about 1 $\frac{1}{2}$  lbs)

For the fried rice:

2 cups uncooked Minute Brown Rice

1 tbsp olive oil

1 cup diced onions (fresh or frozen)

1 cup frozen peas and carrots mix

2 large eggs, lightly beaten

1 (20 oz) can Dole Pineapple Chunks in 100% Juice, juice drained and reserved

$\frac{1}{4}$  cup Kikkoman Less Sodium Soy Sauce

1 tsp garlic powder

$\frac{1}{2}$  tsp ground ginger

1 tsp sesame oil

Salt & pepper, to taste

## **Directions**

For the chicken skewers: Whisk together pineapple juice,  $\frac{1}{2}$  cup soy sauce and honey. Place chicken in a large ziplock bag and pour marinade over chicken. Seal the bag and let sit 30 minutes.

Preheat grill to medium-high heat. (You can also use a grill pan on the stovetop, or a George Foreman-type grill.)

Remove the chicken from the ziplock bag (DON'T DISCARD THE MARINADE!), and thread each piece onto a wooden skewer. Pour the marinade into a small saucepan and bring to a boil over medium-high heat. Turn heat to low and simmer, stirring occasionally, until sauce thickens and reduces by half, about 20 minutes.

Grill the chicken skewers 2-3 minutes on each side, or until cooked through.

Brush reduced glaze over chicken skewers.

For the fried rice (can be cooked simultaneously while you're working on the chicken): Cook rice according to package directions and set aside.

In a large skillet or wok, heat the olive oil over medium-high heat. Add the onions and saute until beginning to soften, about 3 minutes. Add the peas and

carrots and continue sauteing 3 minutes. Move the veggies to one side of the pan (if your pan is not non-stick, add another splash of olive oil) and pour the eggs into the other side of the pan, stirring until lightly scrambled and cooked through. Break up the eggs a bit and mix with veggies.

Add the cooked rice and pineapple chunks to the pan. Then add soy sauce, garlic, ginger and sesame oil and stir to evenly mix everything. Season with salt and pepper, to taste. Cook until everything is heated through.

Serve rice along with chicken skewers!