

Hawaiian Grilled Teriyaki Chicken Bowl

A tropical-inspired main dish featuring juicy grilled teriyaki chicken served over rice and topped with grilled pineapple and fresh vegetables. Enjoy sweet, savory, and tangy flavors reminiscent of the Hawaiian islands.



Main Dish

Hawaiian

30 min

Total time

Easy

Difficulty

500

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast (about 150g)
- 2 tablespoons teriyaki sauce
- 1/2 cup cooked jasmine rice
- 2 pineapple rings, fresh or canned
- 1/4 cup diced red bell pepper
- 1/4 cup sliced cucumber
- 1 tablespoon chopped green onions
- 1 teaspoon sesame seeds (optional)
- 1 teaspoon olive oil

Steps

- 1 Marinate the chicken breast in 1 tablespoon of teriyaki sauce for 15 minutes.
- 2 Heat a grill pan over medium-high heat and brush with olive oil.
- 3 Grill the chicken for 5-6 minutes per side, basting with the remaining teriyaki sauce, until cooked through.
- 4 Grill pineapple rings for 2 minutes on each side, until caramelized.
- 5 Slice the grilled chicken.
- 6 Assemble the bowl: top cooked rice with sliced chicken, pineapple rings, red bell pepper, cucumber, green onions, and sesame seeds.
- 7 Serve immediately and enjoy.