

# Tropical Pineapple Chicken Stir-Fry

Experience a burst of tropical flavors with this delicious pineapple-infused chicken stir-fry. A perfect balance of sweet and savory that will transport your taste buds to a beach paradise.



Main Dish

**25 min**

Total time

**Easy**

Difficulty

**400**

kcal / serving

## Ingredients

- 1 boneless, skinless chicken breast
- 1 cup pineapple chunks
- 1/2 red bell pepper, sliced
- 1/2 onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Cooked rice for serving

## Steps

- 1 Cut the chicken breast into bite-sized pieces.
- 2 In a large pan, heat vegetable oil over medium-high heat.
- 3 Add chicken pieces and cook until browned.
- 4 Add garlic, onion, and red bell pepper. Cook until vegetables are tender.
- 5 Stir in pineapple chunks and soy sauce. Cook for another 2-3 minutes.
- 6 Season with salt and pepper.
- 7 Serve the stir-fry over cooked rice.