

Pineapple Fried Rice

Make authentic Thai pineapple fried rice with sweet pineapple chunks, vegetables, and aromatic spices. Easy 25-minute recipe with storage tips.

10	15	25	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pineapple Fried Rice

Ingredients

- 2 cup rice
- 1 cup pineapple
- 1 carrot
- 1 cup pea
- 1 bell pepper
- 2 scallion
- 2 clove garlic
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp roasted sesame oil
- 2 tbsp olive oil

Instructions

- 1 Prepare the ingredients**

Cook 2 cups of rice according to package directions and let cool completely. Dice 1 cup of pineapple into bite-sized chunks. Finely chop 2 green onions. Mince 2 cloves of garlic.
- 2 Heat the wok**

Heat 2 tablespoons of vegetable oil in a large wok or skillet over medium-high heat until the oil shimmers, about 1-2 minutes.
- 3 Add the minced garlic and stir-fry until fragrant and lightly golden, about 30 seconds.**
- 4 Cook the eggs**

Push the garlic to one side of the wok and crack 2 eggs into the empty space. Scramble the eggs until just set but still slightly wet, about 1-2 minutes.
- 5 Add rice and pineapple**

Add the cooled rice and pineapple chunks to the wok. Use a spatula to break up any clumps of rice and mix everything together, about 2-3 minutes.
- 6 Season the rice**

Add 1 tablespoon soy sauce and 1 teaspoon sesame oil. Stir-fry constantly to coat all the rice evenly with the sauces, about 2 minutes.

7 Continue cooking while stirring frequently until the rice is heated through and lightly golden, about 3-4 minutes more.

8 **Finish and serve**

Remove from heat and stir in the chopped green onions and 2 tablespoons cashews. Transfer to serving plates and serve immediately while hot.

Tips

Use day-old jasmine rice that has been refrigerated overnight for the best texture. Fresh rice contains too much moisture and will result in a mushy dish.

Drain canned pineapple thoroughly and pat dry with paper towels to prevent the dish from becoming too wet and soggy.

Heat your wok or skillet until very hot before adding oil. High heat is essential for achieving the characteristic "wok hei" flavor in fried rice.

Prep all ingredients before you start cooking, as stir-frying happens quickly and you won't have time to chop vegetables once you begin.

Add delicate ingredients like green onions and herbs at the very end to preserve their fresh flavor and vibrant color.

For extra flavor, toast the rice briefly in the hot oil before adding other ingredients. This creates a nutty aroma and prevents clumping.

Taste and adjust seasoning at the end, as the saltiness of soy sauce can vary between brands.

For authentic presentation, serve immediately in a hollowed pineapple shell garnished with fresh cilantro and lime wedges.