

# Pineapple Rice

Yield: 3 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pineapple-rice-recipe-vietnamese>

## Ingredients:

- 1/3 cup oil macadamia, olive oil, or sunflower oil
- 2 teaspoons toasted sesame oil
- 1/4 cup pineapple juice fresh or canned all-natural 100%
- 1 garlic clove
- 1/4 teaspoon red pepper flakes
- 2 tablespoons soy sauce or shoyu
- 1 cup pineapple cut into chunks
- 2 teaspoons ginger freshly grated
- 1/4 teaspoon salt fine grain sea
- 4 handfuls mizuna watercress, or arugula
- 2 1/2 cups brown rice cooked, room temperature
- 4 green onions thinly sliced
- 3 shallots peeled and thinly sliced
- 1 cup cashews roasted/toasted and chopped
- 1/2 serrano chile small, seeded and deveined, and minced, optional
- 4 ounces seitan cut into little bits and pan-fried, optional

## Nutrition:

1. Calories: 1380 calories
2. Carbohydrate: 176 grams
3. Fat: 66 grams
4. Fiber: 9 grams
5. Protein: 32 grams
6. SaturatedFat: 10 grams
7. Sodium: 840 milligrams
8. Sugar: 13 grams

---

Thank you for visiting our website. Hope you enjoy Pineapple Rice above. You can see more 15 pineapple rice recipe vietnamese Elevate your taste buds! to get more great cooking ideas.