

# Thai Pineapple Fried Rice

You don't have to travel so far away to Southeast Asia to satisfy your craving for this authentic Thai food. With the right ingredients that you can easily find in any Asian market or Asian store, you can create your own golden classic Thai savory.

Preparation time: **30 min** + Cooking time: **40 min** = Total time: **1 hour 10 min**  
Serves **4** people.

- 2 Sweet seasonal pineapples
- 6 Cloves of garlic, finely chopped
- 2 Shallots, minced
- 4 Free-range eggs, beaten
- 3 Carrots, skinned and diced
- 2 Large green onions, finely chopped
- 30ml Beer
- 500g White long-grain rice
- 2 boneless chicken breast halves, diced
- 2 tb Honey
- 1 Handful Flat-leaf parsley
- 4 tb Soy cause
- 2 tb Whole-grain Dijon mustard
- 2 cups Green peas, frozen or fresh
- 1/2 tb Coriander power
- 1/2 tb Turmeric power
- 2 tb Coconut milk
- 2 cups Roasted cashew nuts
- 2 tb Sweet chili sauce
- 1 cup Sesame seeds
- Pepper
- Salt
- Sesame oil
- Peanut butter (optional)



## Simple Steps to Succeed

1. Preheat the oven at 190°C.
2. Make 4 "boats" of pineapple cubes, if you need help doing that, there is a YouTube Video linked in the recipe on the blog.
3. Measure 875ml water and pour it to the rice cooker. Rinse the rice 2-3 times to get rid of any pesticides or contaminants that might exist. Add the rice into the rice cooker. If preferred, add a pinch of salt and a tablespoon of sesame oil. Wait for the rice to cook until the water dries out and the rice becomes fluffy.
4. While waiting for the rice, you can start to prepare the honey-beer chicken. Sprinkle salt and black pepper on diced chicken, rub or toss them gently to let the seasoning evenly coat the meat.
5. Bring a frying pan to medium-high heat, drizzle with sesame oil. When oil gets warm, toss chicken dices in the pan and sauté, keep stirring until they get golden, or a little brownish on the outside. When the chicken is done, pour everything in a clean bowl and set it aside.
6. Add some more oil into hot pan, then add chopped shallots, wait for about 30-45 seconds until the shallots turn a bit transparent. Combine honey, beer, mustard and soy sauce together in a large bowl and stir with a whisk. Pour the mixture into the pan. Turn the heat down a little to medium, wait until the liquid reduces to half of the original amount.
7. Bring the chicken back to the pan, let it simmer, add chopped parsley at the end, and then stir once in a while until the sauce reduced to the minimum and the honey-beer flavor gets well absorbed into the chicken. At this point, marinated chicken is done. Spread a sprinkle of fresh parsley leaves on top for garnish.
8. At this point, the rice should also be ready. Add the beaten eggs into the rice. Use a spatula or big spoon to stir gently until the rice grain is coated with beaten egg. Since the rice is still warm, egg will automatically half cook itself due to the heat.
9. Bring another large frying pan (Ideally a deep one with two holders.) over to medium-high heat, drizzle with oil. Add chopped garlic, since garlic can be easily burnt with hot oil, so make sure to add green onions, carrots, peas or other veggies just a few seconds after the garlic starts sizzling.
10. Sauté veggies for about 5-7 minutes, add in egg-coated rice and more sesame oil. The rice should be able to separate individually instead of sticking to each other. Keep stirring for another 5 minutes, add in coconut milk, soy sauce, coriander powder, turmeric powder and roasted cashew nuts. Season with salt and pepper from time to time.
11. Put the boats of pineapples into the oven, it'll only need 8-10 minutes to be baked.
12. Return to the deep large frying pan. Add in sweet chili sauce, peanut butter to give the dish a final sweet and spicy touch.
13. When the pineapples are ready, add them into the pan, meanwhile, return the chicken into the large pan, continue stirring for another 5 minutes.
14. In the end, divide the mixture into 4 portions and transfer each portion into the pineapple boats. Sprinkle over a small handful of chopped green onions or parsley on top for garnish.
15. Serve hot.