

30 Minute Pineapple and Shrimp Fried Rice

Cooking Instructions

1. Cook brown rice and set aside to cool. Best if using leftover rice.
2. Cut each pineapple in half and carefully cut out chunks leaving the pineapple hollowed out for serving. Cut the back of the pineapple to make a flat base. Use 1- 1 ½ cups cut up pineapple.
3. Heat olive oil over large non stick skillet. Cut shrimp into smaller bite size pieces. Sprinkle with salt and pepper Cook 3-5 minutes on each side and set aside to not overcook. Add garlic, green onion, onion powder, and cayenne pepper to pan and cook 2-3 minutes. Add soy sauce and stir. Add a teaspoon of sriracha for a kick!
4. Add rice, shrimp, and pineapple to pan and gently mix together. Place back in pineapple shells, top with lime and cilantro.

Recipe

- ½ tablespoon olive oil
- 3 garlic cloves
- 1 lbs shrimp, peeled
- 3 cups cooked brown rice
- 2 pineapples
- 1 lime
- 1 bunch cilantro
- 1 bunch green onions
- 1 tablespoon soy sauce
- 1 teaspoon onion powder
- 1 pinch cayenne pepper
- 1 teaspoon salt
- 1 teaspoon pepper

Grocery List (add optional toppings to list as desired)

Produce

- 2 pineapples
- 1 clove garlic
- 1 bunch green onions
- 1 lime
- 1 bunch cilantro

Spices

- salt
- pepper
- cayenne pepper
- onion powder

Pantry Items

- olive oil
- brown rice
- soy sauce

Meat

- 1 lbs fresh shrimp
(thawed if frozen)