



# Pineapple-Sriracha Chicken Bowls

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SYMPOSIUM

**Recipe Found:** <http://www.spachethespatula.com/pineapple-sriracha-chicken-bowls-with-wild-rice/>  
**Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD**

## INGREDIENTS

For the Chicken:

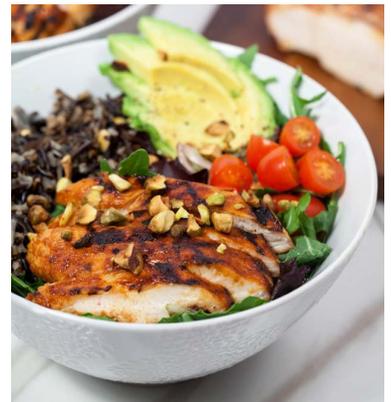
- 1 heaping cup pineapple chunks
- ¼ cup hoisin
- ¼ cup soy sauce
- 2 tbsp sriracha
- 1 tbsp coconut oil
- 2 garlic cloves, roughly chopped
- Juice from 1 lime
- 2 large chicken breasts (about 1 ¼ lbs)

For the Wild Rice:

- 2/3 cup wild rice
- 2 ½ cups low-sodium chicken stock
- Pinch of salt

For the Bowls: (use as a guideline, add what you want)

- Mixed greens
- Olive oil
- Sherry vinegar
- Kosher salt
- Avocado, sliced
- Cherry tomatoes, halved
- Toasted pistachios, chopped
- Extra pineapple chunks



## DIRECTIONS

1. In a small saucepan, combine all the marinade ingredients. Bring to a boil then reduce to low and simmer for 10 minutes.
2. Pour the warm sauce in a blender and blend until the garlic and pineapple are no longer chunky.
3. Add chicken breasts to a large Ziploc and pour in the marinade. Seal and chill in fridge for at least an hour and a half, or up to 4 hours.
4. Heat a grill pan over high heat and grill the chicken on both sides, brushing a bit of the marinade on as it cooks. If you need to, you can finish the chicken in a 350 degree oven.
5. Allow the chicken to cool for 5-10 minutes before slicing.
6. Heating the remaining marinade in a small pot. Bring to a boil for 5 minutes then allow to cool and serve alongside the salads.
7. Add the rice, stock and salt to a sauce pan with a lid. Bring to a boil then cover and cook for 50 minutes, until the grains bloom and rice looks fluffy. Drain and season more if desired.
8. Lightly dress some greens in olive oil, sherry vinegar and salt. Place in bowls.
9. Top the greens with some sliced chicken, rice, avocado, tomatoes, pistachios, and /or pineapple chunks. Serve with the extra cooked marinade.