

Pineapple Dragon Stir-Fry

(Chicken or Shrimp)

Ingredients

Protein (choose one):

- **Chicken:** 2 large chicken breasts (or 3 medium), cut into strips
OR
- **Shrimp:** 1½ lb large shrimp (16–20 count), peeled, deveined, and patted dry

Stir-Fry

- 2 Tbsp vegetable oil, divided
- 2 cups broccoli florets
- ¾ cup bell pepper chunks
- 1–2 carrots, thinly sliced
- 1 can pineapple chunks, drained (reserve juice)
or ~2 cups fresh pineapple chunks

Sauce

- ¼ cup reserved pineapple juice (or water if using fresh pineapple)
- ½ cup water
- ⅓ cup soy sauce
- 1 Tbsp cornstarch

Seasoning

- ¾ tsp garlic powder
- 1 tsp fresh minced ginger
- ¾–1 tsp crushed red pepper flakes (optional)

To Serve

- Cooked white rice
(Begin early—or run to the Chinese place and buy a quart for \$2. Boom.)

Method

1. Make the sauce

In a small bowl, whisk together pineapple juice (or water), water, soy sauce, and cornstarch. Set aside.

2. Cook the protein

If using chicken:

Heat **2 Tbsp oil** in a large skillet or wok over medium-high heat.

Add chicken strips and cook, stirring, **4–5 minutes**, until cooked through.

Remove to a plate.

If using shrimp:

Heat **1 Tbsp oil** in the pan.

Add shrimp in a single layer and cook **2–3 minutes per side**, just until opaque.

Remove immediately to a plate.

Shrimp does not wait. The moment it turns opaque, it's done.

3. Cook the vegetables

Add remaining **1 Tbsp oil** to the pan.

Add broccoli, bell pepper, carrots, ginger, garlic powder, and crushed red pepper flakes (if using).

Stir-fry **3–4 minutes**, until vegetables are just tender.

4. Thicken

Stir sauce again and pour into the pan.

Cook **2–3 minutes**, stirring, until sauce boils and thickens.

5. Finish

Return chicken *or* shrimp to the pan.

Add pineapple chunks and toss gently to coat.

Heat through **1–2 minutes only**.

6. Serve

Spoon over cooked white rice.

Notes

- Fresh pineapple works beautifully; just replace the juice with water.
- Sauce should be **glossy and clingy**, not soupy.
- If you like softer carrots, microwave them in a bowl of water **3–4 minutes** before adding.
- Shrimp version cooks fast — keep everything else ready before you start.