



## Recipe Details

Recipe Name - Pineapple Rice Boat

Recipe Steps -

Ingredients

- 1 whole pineapple

Rice Ingredients -

- 2 cups brown rice (we use Jasmin)
- 1 15 oz can Chickpeas, drained and rinsed well
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tsp white caramelized onion balsamic (use any balsamic vinegar you like or omit completely)
- 2 1/2 cups water

Teriyaki Sauce Ingredients -

- 1/4 cup tamari
- 1/4 cup water
- 1/2 Tbsp garlic, minced
- 1 Tbsp ginger, minced
- 2 Tbsp rice vinegar
- 1 Tbsp pure maple syrup
- 2 green onions, chopped
- 1 Tablespoon arrowroot (or substitute corn starch)

Instructions

1. Mix all rice ingredients in an instant pot. Set to high pressure for 20 minutes, slow release for 20+ minutes.\*
2. Cut the pineapple in half, leaving the leaves at the top for beauty.
3. Remove the core of the pineapple, as this is hard and stringy. Chop the flesh of the pineapple to the size of your liking.
4. For Teriyaki sauce, mix arrowroot with 1/4 cup of water, then pour all sauce ingredients into a small saucepan and bring to a boil, while mixing continually. When it boils and becomes a little thickened, shut off the heat.
5. When the rice is done, pour fresh chopped pineapple into the hot rice mixture and incorporate well. Fill each pineapple half with the rice mixture and drizzle with your homemade Teriyaki sauce.
6. Enjoy!

\*Note - If you do not have an instant pot, cook rice according to the directions on the rice package, minus the liquid you add for limes. For example, if it calls for 3 cups of water and you squeeze in 1/4 cup of lime juice, add in 2 3/4 cups of water plus your 1/4 cup of lime juice. In the end, you have 3 cups of liquid.

