

Teriyaki Pork Chops over Pineapple Rice

Cooking Instructions

This dish has 3 parts: Pork Chops, Teriyaki Sauce, and Pineapple Rice.

Pineapple Rice — Freezer to Skillet:

1. Add rice mixture and 1 1/2 cups water to a saucepan and bring to a boil.
2. Stir to mix well.
3. Lower heat and cover.
4. Simmer on low for 20 minutes, until water is absorbed.
5. Fluff with a fork and serve.

Teriyaki Sauce: Thaw Teriyaki Sauce. Right before serving pork, gently heat sauce in the microwave, stir, and serve over sliced pork or on the side.

QuickThaw Pork Chops: Submerge well-sealed Ziploc in water for 10–15 minutes, until thawed.

Cooking Method – Choose One:

Grill: Grill pork chops over medium heat for about 6–8 minutes per side, until internal temperature is reached.

Sauté: Add a little oil to a skillet and heat to medium. Sauté pork chops for about 6–8 minutes per side, until internal temperature is reached.

Internal temp: 145°F. Let rest at least 3 minutes before slicing. Be careful not to overcook pork, as it is lean meat and will be tough if overcooked. We recommend using an instant-read meat thermometer for a perfect result every time.

Serving Suggestions: Drizzle warm Teriyaki Sauce over chops. Pineapple rice and bok choy on the side. Shiraz.

Please Note: Cooking times are estimates and vary based on your actual stovetop or grill, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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