



Rabbit with pineapple

Ingredients (serves 1)

¼ rabbit cut into small piece (125 g) (or chicken or turkey)

1 onion

2 slices of canned pineapple

Extra virgin olive oil

1 cinnamon stick

1 sprig of thyme

Parsley

Black pepper

Method

1. Pepper and brown the rabbit in a frying pan with a splash of oil. Set aside.

2. Drain the pineapple well. Purée half of the pineapple with an immersion blender. Pass through a sieve.

3. Cut the other pineapple into large pieces and brown it in the pan where the rabbit was sautéed. Set aside.

4. Peel and julienne the onion.

5. In the same frying pan, sauté the onion on low heat until golden. Then add a pinch of pepper and the pineapple pieces. Stir and add blended pineapple. Slowly sauté.

6. Add the rabbit. Stir everything and add cinnamon, thyme, and a little water to cook the rabbit and obtain a juicy stew. Let cook.

7. Remove the cinnamon stick and thyme. Serve with a little parsley as a garnish.