



# Rabbit with pineapple

## Ingredients (serves 1)

¼ rabbit cut into small pieces (125 g)  
(can be replaced for chicken or turkey)

1 onion

1 ripe tomato

¼ pineapple

Extra virgin olive oil

1 cinnamon stick

1 thyme sprig

Parsley

Pepper

## Method

1. In a pan with a dash of olive oil slightly cook the rabbit seasoned with pepper. When browned, remove the rabbit from the pan and set aside.
2. Peel the pineapple and blend half of it. Strain.
3. Cut the other half into big pieces and sauté until golden brown in the same pan as the rabbit. Remove and set aside.
4. Peel and cut the onion in julienne strips and grate the tomato.
5. In the same pan, sauté the onion until brown. Add the tomato and let it cook at low temperature.
6. Add the cinnamon and thyme to the pan and stir.
7. Add the rabbit, pineapple pieces and the blended pineapple juice. Stir everything together and add a bit of water, cook until the rabbit is fully cooked and the stew is moist.
8. Serve and top with a bit a chopped parsley.