Hawaiian Chicken Recipes

Prep 15 min | Cook 25 min | Rest 5 min | Total 45 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (165 g) pineapple chunks
- 1 bell pepper (150 g), diced
- 1/2 cup (120 ml) pineapple juice
- 2 tbsp (30 ml) alcohol-free soy-style seasoning
- 1 tbsp (15 ml) cider vinegar
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water

COOKING NOTES

Use evenly sized chicken pieces and do not crowd the skillet. Check the thickest piece with a food thermometer; time and color alone cannot confirm doneness.

SERVING SUGGESTION

Serve warm with green salad and steamed vegetables or rice.

HOW TO COOK CHICKEN

Hawaiian Chicken Recipes

Prep 15 min | Cook 25 min | Rest 5 min | Total 45 min | Serves 4

METHOD

1. Cut chicken into even bite-size cubes and season with salt and pepper.

2. Heat oil in a large skillet. Brown chicken for about 6 minutes, leaving room in the pan.

3. Add diced bell pepper and cook for 3 minutes.

4. Stir in pineapple, juice, alcohol-free soy-style seasoning and cider vinegar. Simmer 6–10 minutes, until chicken reaches 165°F (74°C).

5. Stir the cornstarch slurry, then simmer about 2 minutes until the sauce thickens.

STORAGE & REHEATING

Refrigerate in a covered shallow container within 2 hours; keep at 40°F (4°C) or below and use within 3–4 days. Freeze airtight portions up to 2 months for best quality. Reheat to 165°F (74°C).

Food safety: refrigerate perishable leftovers within 2 hours (1 hour above 90°F / 32°C). Reheat cooked chicken to 165°F (74°C).