

Zucchini Bread Recipes

Hawaiian Chicken Sheet Pan Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs bone-in, skin-on chicken thighs
- [ ] 1 cup fresh pineapple chunks (or canned, drained)
- [ ] 1 red bell pepper, sliced
- [ ] 1 green bell pepper, sliced
- [ ] 2 tbsp olive oil

Glaze & Finish

- [ ] 1/4 cup soy sauce (or tamari for gluten-free)
- [ ] 2 tbsp honey
- [ ] 2 tsp freshly grated ginger
- [ ] 2 cloves garlic, minced
- [ ] Juice of 1 lime
- [ ] Fresh cilantro, chopped (optional)
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C). Line a large sheet pan with parchment or foil for easy cleanup.

2. In a bowl, whisk together soy sauce, honey, ginger, garlic, and lime juice; set aside.



3. Pat the chicken thighs dry, season lightly with salt and pepper, then toss with 1 tbsp olive oil. Place them skin side up on the pan.



4. Scatter the pineapple chunks and sliced peppers around the chicken. Drizzle the remaining 1 tbsp olive oil over the vegetables.



5 Brush half of the glaze over the chicken and vegetables. Roast for 15 minutes.



6 Remove the pan, give the veggies a gentle stir, and brush with the remaining glaze. Return to oven for another 10-12 minutes, until the chicken reaches 165°F and the edges of the pineapple are caramelized.



7 Let the pan rest for 5 minutes, then sprinkle fresh cilantro and serve with lime wedges.



Nutrition per serving

420 kcal	36 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a pinch of crushed red pepper flakes to the glaze.
- For extra crispiness, broil for the last 2 minutes, watching closely.
- The dish can be prepared up to the glazing step a day ahead; store covered in the fridge.