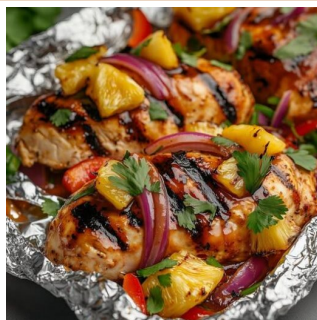


Hawaiian BBQ Chicken and Pineapple Foil Packets - Tropical Flavor with Easy Cleanup

When you're craving something sweet, savory, and sizzling hot off the grill, these



OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
 - 1 1/2 cups pineapple chunks (fresh or canned, drained) ?
 - 1 red bell pepper, sliced
 - 1 small red onion, sliced
 - 1 cup BBQ sauce (your favorite kind!)
 - 2 tbsp olive oil
 - Salt & black pepper, to taste
 - Fresh cilantro or parsley, for garnish ?
 - Heavy-duty aluminum foil
- Step-by-Step Instructions ???:
- 1 Preheat the Grill or Oven:
Preheat grill to medium-high heat or oven to 400°F (200°C).
 - 2 Prepare the Foil Packets:
Cut 4 large sheets of heavy-duty foil.
Drizzle the center of each with olive oil and place a chicken breast in the middle.
Season each piece with salt and pepper.
 - 3 Layer the Ingredients:
Top each chicken breast with pineapple chunks, red bell pepper, and red onion slices.
Spoon BBQ sauce generously over everything.
 - 4 Seal and Cook:
Fold the foil over the ingredients to form a sealed packet.

Grill for 20-25 minutes, or bake in the oven for 25-30 minutes, until chicken reaches an internal temperature of 165°F (74°C).

5 Garnish and Serve:

Carefully open the packets (watch out for steam!).

Sprinkle with chopped cilantro or parsley.

Serve hot with rice, salad, or enjoy straight from the foil for a mess-free meal.

Tips for Success:

Use heavy-duty foil to avoid tears and leaks.

Marinate the chicken in the BBQ sauce ahead of time for even deeper flavor.

Add a squeeze of lime juice for brightness before serving.

Like it spicy? Toss in some jalapeño slices or a dash of chili flakes.

Serving Suggestions & Pairings:

Steamed rice, coconut rice, or quinoa

A fresh fruit salad

A tall glass of Blueberry Lemonade for sweet, citrusy refreshment

DIRECTIONS

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11. Serve hot with rice, salad, or enjoy straight from the foil for a mess-free meal.
12. Tips for Success: Use heavy-duty foil to avoid tears and leaks.
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15. Like it spicy? Toss in some jalapeño slices or a dash of chili flakes.

16. **Serving Suggestions & Pairings:** These tropical BBQ foil packets pair wonderfully with:
17. Steamed rice, coconut rice, or quinoa
18. A fresh fruit salad
19. A tall glass of : Blueberry Lemonade for sweet, citrusy refreshment
20. Or go all out with a summer spread featuring: Tangy Chicken Salad
21. One-: Pan Breakfast Bake
22. Dorito : Casserole for a bold side
23. **Storage & Leftovers:** Fridge: Store leftover packets in the refrigerator for up to 3 days.
24. **Reheat:** Warm in the oven or microwave until heated through.
25. **Meal prep:** You can prep and assemble the foil packets a day ahead, then cook fresh when ready.

TIPS FOR SUCCESS

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Add a squeeze of lime juice for brightness before serving.

Toss in some jalapeño slices or a dash of chili flakes.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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