

## Grilled Teriyaki Chicken Thighs with Pineapple and Island Flavors

Hawaiian Grilled Teriyaki Chicken



**TIME**  
**7 min**

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### INGREDIENTS

For the Marinade:

1 cup soy sauce (low-sodium works great)

1 cup water

1 cup brown sugar

1 tbsp grated fresh ginger

1 tbsp minced garlic

$\frac{1}{2}$  cup pineapple juice (optional but highly recommended)

2 tbsp honey (for added richness)

2 tbsp rice vinegar (or apple cider vinegar)

1 tsp sesame oil (optional but flavorful)

For the Chicken:

2-3 lbs boneless skinless chicken thighs (juicy + flavorful)(or use breasts if preferred)

### DIRECTIONS

1. Step 1: Make the Marinade: In a medium bowl, whisk together:
2. Soy sauce
3. Water
4. Brown sugar
5. Ginger
6. Garlic
7. Pineapple juice
8. Honey
9. Vinegar
10. Sesame oil
11. Step 2: Marinate the Chicken: Place chicken thighs in a large zip-top bag or shallow dish. Pour marinade over the chicken, seal/cover, and refrigerate for at least 4 hours, preferably overnight for full flavor.
12. Step 3: Heat the Grill: Preheat your grill to medium-high. Lightly oil the grates to prevent sticking.
13. Step 4: Grill to Perfection: Remove chicken from marinade and let excess drip off. Grill chicken for 5-7 minutes per side, or until cooked through and lightly charred on the edges.
14. Optional: Boil leftover marinade in a small saucepan for 5-10 minutes and reduce it into a glaze.
15. Step 5: Serve & Enjoy: Slice the grilled chicken and serve hot with:
16. Steamed white rice or coconut rice
17. Grilled pineapple slices
18. Hawaiian-style macaroni salad

19. A sprinkle of green onions or sesame seeds

### TIPS FOR SUCCESS

Thighs > Breasts : Chicken thighs are juicier and more flavorful for grilling.

Let it rest : After grilling, rest the chicken for 5 minutes before slicing.

Double the marinade : One for the chicken, one (boiled) for glaze or dipping.

Char is flavor : Let the sugars caramelize a little-it's what makes this dish shine.

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

Original recipe: <https://chefmaniac.com/grilled-teriyaki-chicken-thighs-with-pineapple-and-island-flavors/>