

## Hawaiian BBQ Chicken and Pineapple Foil Packets - Your New Summer Dinner Obsession

Hawaiian BBQ Chicken and Pineapple Foil Packets



**OVEN**  
**400°F**

**TIME**  
**25 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

For the Chicken & Veggies:

- 4 boneless, skinless chicken breasts or thighs (about 1½ lbs total)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ red onion, thinly sliced
- 2 cups pineapple chunks (fresh or canned in juice, drained)
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 tsp garlic powder
- 1 tsp smoked paprika (optional)

For the Hawaiian BBQ Sauce:

- ½ cup BBQ sauce (your favorite brand)
- 2 tbsp pineapple juice
- 1 tbsp soy sauce or coconut aminos
- 1 tbsp brown sugar or honey (optional)
- ½ tsp ground ginger or 1 tsp fresh grated

Optional Garnishes:

- Green onions, chopped
- Cilantro or parsley
- Lime wedges
- Toasted sesame seeds

Suggested Sides:

- Coconut rice
- Grilled pineapple rings

## DIRECTIONS

1. **Prep the Grill or Oven:** Preheat grill to medium-high heat or oven to 400°F (200°C).
2. **Build the Foil Packets:** Tear 4 large sheets of heavy-duty foil and drizzle the centers with olive oil.
3. Place a chicken breast in the center of each.
4. Season with salt, pepper, garlic powder, and smoked paprika.
5. **Add Veggies & Pineapple:** Distribute bell peppers, onions, and pineapple chunks evenly around each chicken breast.
6. **Spoon on the Sauce:** Mix together all the BBQ sauce ingredients in a small bowl.
7. Spoon 2-3 tablespoons over each packet.
8. **Seal & Cook:** Fold foil tightly over the chicken and veggies to create sealed packets.
9. Grill for 20-25 minutes (or bake for 25-30 minutes) until chicken is cooked through.
10. **Serve & Garnish:** Carefully open the packets (watch out for steam).
11. Garnish with green onions, fresh herbs, and a squeeze of lime.
12. ? Bonus tip: Serve over coconut rice or grilled pineapple for the ultimate island-inspired meal.

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

Original recipe: <https://chefmaniac.com/hawaiian-bbq-chicken-and-pineapple-foil-packets-your-new-summer-dinner-obsession/>