

Tropical Hawaiian Chicken - My Favorite Sheet Pan Dinner with Pineapple and Peppers

Dreaming of a warm, breezy escape? Let your dinner take you there with this



OVEN
400°F

TIME
7 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 cup pineapple chunks (fresh or canned)
- 1 red bell pepper, sliced
- ½ red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger
- ... teaspoon chili flakes (optional)
- Salt and pepper, to taste
- Fresh cilantro, for garnish (optional)

DIRECTIONS

- 1.** Preheat : Oven: Set your oven to 400°F (200°C).
- 2.** Make the : Marinade: In a bowl, whisk olive oil, soy sauce, honey, garlic powder, ginger, chili flakes, salt, and pepper.
- 3.** Prepare the : Pan: Place chicken breasts on a greased sheet pan. Pour the marinade over them, turning to coat.
- 4.** Add : Veggies & Pineapple: Scatter pineapple chunks, sliced red pepper, and red onion around the chicken.
- 5.** Roast: Bake for 25-30 minutes, or until the chicken reaches an internal temp of 165°F (75°C) and veggies are tender.
- 6.** Finish: Garnish with chopped cilantro if using. Serve warm with rice or over greens.

SWAPS & NOTES

Chicken Thighs : Use boneless thighs for a juicier bite-just increase cook time by 5-7 minutes.

Veggie Add-Ins : Add zucchini, broccoli, or snap peas for extra color and crunch.

Spicy Option : Swap chili flakes for Sriracha or a diced jalapeño for a fiery kick.

Grill-Friendly : This same marinade works beautifully on skewers for a BBQ twist.

TIPS FOR SUCCESS

Marinate Ahead : Let the chicken sit in the marinade for 30 minutes to overnight for deeper flavor.

Use Foil or Parchment : Makes cleanup a breeze and prevents sticking.

Slice Chicken After Resting : Let it rest 5 minutes before slicing to keep it juicy.

