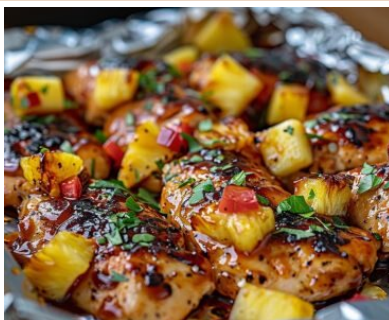


No-Mess Hawaiian Chicken Foil Packets: Your New Favorite Weeknight Meal

Hawaiian BBQ Chicken and Pineapple Foil Packets



OVEN
400°F

TIME
15-20 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

1.5 pounds boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
2 cups fresh pineapple chunks (about half a medium pineapple, or one 15-oz can, drained)
1 large red bell pepper, cut into 1-inch pieces
1 large green bell pepper, cut into 1-inch pieces
½ red onion, cut into 1-inch pieces
1 cup your favorite BBQ sauce (Hawaiian or pineapple BBQ sauce if you can find it!)
2 tablespoons soy sauce
1 tablespoon olive oil
1 teaspoon garlic powder
½ teaspoon ground ginger
Salt and black pepper to taste
Fresh cilantro or chopped green onions, for garnish (optional)
4-6 sheets heavy-duty aluminum foil (approx. 18x12 inches each)

DIRECTIONS

- 1. Prepare : Foil Packets:** Tear off 4-6 large sheets of heavy-duty aluminum foil (about 18x12 inches each). If using standard foil, you might want to use two layers for each packet for extra durability.
- 2. Combine : Ingredients:** In a large bowl, combine the cut chicken, pineapple chunks, red bell pepper, green bell pepper, and red onion.
- 3. Make the : Sauce:** In a separate small bowl, whisk together the BBQ sauce, soy sauce, olive oil, garlic powder, and ground ginger. Season with salt and black pepper to taste.
- 4. Coat : Ingredients:** Pour the sauce mixture over the chicken and vegetables in the large bowl. Toss everything gently until all the ingredients are evenly coated.
- 5. Assemble : Packets:** Divide the chicken and vegetable mixture evenly among the prepared foil sheets. Place the mixture in the center of each sheet.
- 6. Seal : Packets:** Bring the two long sides of the foil together over the food. Fold them down tightly, creating a sealed seam. Then, roll up both ends tightly to create a completely sealed packet. Ensure there are no gaps for steam to escape.
- 7. Cook (Grill Method):** Preheat your grill to medium-high heat (about 400°F / 200°C). Place the foil packets directly on the grill grates. Cook for 15-20 minutes, flipping halfway through, or until the chicken is cooked through and the vegetables are tender-crisp.
- 8. Cook (Oven Method):** Preheat your oven to 400°F (200°C). Place the foil packets on a baking sheet. Bake for 20-25 minutes, or until the chicken is cooked

through and the vegetables are tender-crisp.

9. **Serve:** Carefully open the foil packets (watch out for steam!). Garnish with fresh cilantro or chopped green onions, if desired, and serve directly from the packets.

SWAPS & NOTES

Chicken: Both chicken breasts and thighs work wonderfully here.

Thighs tend to stay a bit more moist.

If you're really short on time, pre-cooked chicken can be used, but reduce the cooking time significantly.

Pineapple: Fresh pineapple is highly recommended for its vibrant flavor and texture.

TIPS FOR SUCCESS

Heavy-Duty Foil: Using heavy-duty foil prevents tearing and ensures even cooking.

If you only have regular foil, simply use two layers per packet.

Don't Overfill: Avoid overfilling the packets, as this can lead to uneven cooking and difficulty sealing.

Seal Tightly: A tight seal is crucial for steaming the ingredients and locking in all those delicious flavors.

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

Original recipe: <https://chefmaniac.com/no-mess-hawaiian-chicken-foil-packets-your-new-favorite-weeknight-meal/>