

Sheet Pan Sticky Sweet and Sour Chicken Recipe for Easy Weeknights

Sheet Pan Sticky Sweet and Sour Chicken Recipe



OVEN
400°F

TIME
25 to 30 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 cup pineapple chunks
- 1/2 cup sweet and sour sauce
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 1 tablespoon rice vinegar
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- Cooked white rice, for serving
- Sesame seeds and chopped green onions, for garnish

DIRECTIONS

1. Preheat the oven. Preheat your oven to 400°F (200°C).
2. Prepare the pan. Line a baking sheet with parchment paper or foil for easier cleanup.
3. Mix the sauce. In a medium bowl, whisk together the sweet and sour sauce, soy sauce, honey, rice vinegar, garlic powder, salt, and pepper.
4. Arrange the ingredients. Spread the chicken pieces, chopped red bell pepper, chopped green bell pepper, and pineapple chunks across the prepared sheet pan.
5. Coat everything evenly. Pour the sauce over the chicken and vegetables, then toss gently so everything is coated as evenly as possible.
6. Bake. Place the pan in the oven and bake for 25 to 30 minutes, or until the chicken is fully cooked and the vegetables are tender.
7. Serve. Spoon the sweet and sour chicken over cooked white rice and garnish with sesame seeds and chopped green onions.

SWAPS & NOTES

Chicken breasts: Boneless, skinless chicken thighs also work well and can give the dish a slightly juicier result.

Bell peppers: Red and green peppers add color and a sweet-savory contrast, but yellow or orange peppers are great too.

Pineapple chunks: Fresh or canned pineapple both work here. If using canned, just make sure it is well drained before adding it to the pan.

TIPS FOR SUCCESS

Cut the chicken into evenly sized pieces so it cooks at the same rate.

This helps prevent some pieces from drying out while others are still finishing.

If everything is packed too tightly, the ingredients may steam instead of roast.

A little space helps the sauce thicken and gives the vegetables better texture.

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

Original recipe: <https://chefmaniac.com/sheet-pan-sticky-sweet-and-sour-chicken-recipe-for-easy-weeknights/>