

Sweet and Savory Hawaiian Chicken That's Better Than Takeout

1 1/2 pounds boneless, skinless chicken thighs or chicken breasts, cut into bite-sized pieces



TIME
15 min

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INGREDIENTS

1 1/2 pounds boneless, skinless chicken thighs or chicken breasts, cut into bite-sized pieces
 1 tablespoon cornstarch
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 2 tablespoons oil
 1 red bell pepper, chopped
 1 green bell pepper, chopped
 1 small onion, chopped
 3 cloves garlic, minced
 1 1/2 cups pineapple chunks, fresh or canned
 1/2 cup pineapple juice
 1/3 cup low-sodium soy sauce
 1/4 cup brown sugar
 2 tablespoons ketchup
 1 tablespoon rice vinegar
 1 teaspoon fresh ginger, minced
 1 tablespoon cornstarch mixed with 2 tablespoons water
 Green onions and sesame seeds, for garnish
 Cooked white rice, for serving

DIRECTIONS

- Season the chicken. Toss the chicken pieces with 1 tablespoon cornstarch, salt, and black pepper.
- Sear the chicken. Heat the oil in a large skillet over medium-high heat. Add the chicken and cook until lightly browned and mostly cooked through, about 5 to 6 minutes. Remove to a plate.
- Cook the vegetables. In the same skillet, add the bell peppers and onion. Cook for 3 to 4 minutes until slightly softened. Stir in the garlic and ginger and cook for about 30 seconds.
- Make the sauce. In a bowl, whisk together the pineapple juice, soy sauce, brown sugar, ketchup, and rice vinegar.
- Combine everything. Return the chicken to the skillet and add the pineapple chunks. Pour in the sauce and stir well.
- Thicken the sauce. Stir in the cornstarch slurry and cook for 2 to 3 minutes, until the sauce thickens and turns glossy.
- Serve. Spoon the Hawaiian chicken over cooked rice and garnish with green onions and sesame seeds.

SWAPS & NOTES

You get sweetness, savoriness, a little tang, and plenty of comforting flavor in every bite.

This is the kind of recipe I love pulling out on a busy night when I want something fast but still exciting.

The sauce clings to the chicken beautifully, the pineapple adds a tropical pop, and everything comes together in one skillet

without much fuss.

Serve it over rice, and you've got a dinner that feels special without being complicated.

TIPS FOR SUCCESS

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

That helps everything stay juicy and keeps the final dish from having some pieces overcooked while others lag behind.

Try not to overcrowd the skillet when browning the chicken.

If the pan is too full, the chicken will steam instead of sear.

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Original recipe: <https://chefmaniac.com/sweet-and-savory-hawaiian-chicken-thats-better-than-takeout/>