

## The Easiest BBQ Chicken and Pineapple Foil Packets for Weeknight Grilling

When the weather warms up or I'm just craving something bright and flavorful, these



**OVEN**  
**400°F**

**TIME**  
**25 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 cup of BBQ sauce (use your favorite-sweet, smoky, or spicy)  
1 can of pineapple chunks, drained (or about 1 cup fresh pineapple)  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
1 medium red onion, sliced  
2 large chicken breasts, cut in half lengthwise (or use thighs if you prefer)  
Salt and pepper, to taste  
Olive oil, for drizzling  
Optional: chopped cilantro or green onions for garnish

### DIRECTIONS

1. Prep the Ingredients: I start by slicing the bell peppers and onion into thin strips. If I'm using fresh pineapple, I chop it into bite-sized chunks. I also slice the chicken breasts in half if they're thick, so they cook evenly.
2. Assemble the Packets: I tear out four large sheets of heavy-duty foil (or double-layer regular foil). On each one, I layer:
  3. A drizzle of olive oil
  4. A few slices of onion and bell pepper
  5. A piece of chicken breast
  6. Salt and pepper over the chicken
  7. A generous spoonful of BBQ sauce (about 2-3 tablespoons)
  8. A handful of pineapple chunks
9. Then I fold the foil up around the ingredients, sealing it tightly so the steam stays in. I make sure to leave a little room inside the packet for air circulation-that's what helps everything cook evenly and stay juicy.
10. Cook: If I'm grilling: I place the packets directly on the grill over medium heat and cook for 20-25 minutes, flipping once halfway through.
11. If I'm baking: I preheat the oven to 400°F (200°C) and place the foil packets on a baking sheet. They go in for about 25-30 minutes, depending on the thickness of the chicken.
12. Once done, I carefully open a packet (watch for steam!) and check that the chicken is cooked through and the veggies are tender.

13. **Serve and Garnish:** Right before serving, I open the packets slightly and top with fresh cilantro or chopped green onions for a pop of color and flavor. Sometimes I serve these directly in the foil on a plate, especially if we're eating outside. No dishes? Yes, please.

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

Original recipe: <https://chefmaniac.com/the-easiest-bbq-chicken-and-pineapple-foil-packets-for-weeknight-grilling/>