

Pineapple Chicken Teriyaki (Grill Method)

INGREDIENTS

Chicken

- 1 ½-2 lbs chicken breast, cut into 1½-inch chunks
- Salt + pepper

Veggies + Fruit:

- 1 fresh pineapple, chunked
- 1 red bell pepper, large squares
- 1 orange bell pepper, large squares
- 1 green bell pepper, large squares
- 1 sweet onion, thick chunks

For Cooking:

- 2-3 tablespoons oil
- Teriyaki sauce

DIRECTIONS

1. Preheat griddle to medium-high heat.
2. Add oil and spread evenly.
3. Season chicken with salt + pepper.
4. Add chicken, onion, all peppers, pineapple
5. Let everything cook for 2-3 minutes undisturbed so the chicken can develop color.
6. Then begin tossing and turning occasionally for about 6-8 minutes total, until chicken is cooked through, veggies are tender, pineapple is lightly caramelized
7. Pour teriyaki sauce over everything.
8. Toss and cook another 1-2 minutes until thickened and glossy.

Pineapple Chicken Terriyaki (Skillet Method)

INGREDIENTS

Chicken

- 1 ½-2 lbs chicken breast, cut into 1½-inch chunks
- Salt + pepper

Veggies + Fruit:

- 1 fresh pineapple, chunked
- 1 red bell pepper, large squares
- 1 orange bell pepper, large squares
- 1 green bell pepper, large squares
- 1 sweet onion, thick chunks

For Cooking:

- 2-3 tablespoons oil
- Teriyaki sauce

DIRECTIONS

1. Heat a large skillet (or cast iron) over medium-high heat.
2. Add oil.
3. Season chicken with salt + pepper.
4. Add chicken, onion, all peppers, pineapple
5. Let everything cook undisturbed for 2-3 minutes. (*This is important - gives the chicken a chance to brown instead of steam.*)
6. Stir and toss occasionally for 7-9 minutes total, until chicken is cooked through, veggies are tender, pineapple is lightly caramelized (*Don't over-stir; let things sit at times to build color.*)
7. Pour in teriyaki sauce.
8. Toss and cook another 1-2 minutes until thickened and glossy.