



Huli Huli Chicken with Rice and Bell Peppers

Serves 1

Ingredients

- 0.5 each bell pepper (auto-linked (score 0.92))
- 0.25 lb boneless skinless chicken thigh
- 0.5 tbsp brown sugar (auto-linked (score 1.00))
- 0.5 tsp garlic (auto-linked (score 1.00))
- 0.5 tsp ginger
- 1 tbsp ketchup
- 1 tbsp olive oil (auto-linked (score 0.92))
- 0.25 each onion (auto-linked (score 0.92))
- 0.25 cup pineapple juice
- 0.5 cup rice (auto-linked (score 0.92))
- 1 tbsp soy sauce

Instructions

1. Cook rice according to package directions.
2. Dice chicken thighs into 1-inch pieces. Slice bell pepper and onion into thin strips.
3. In a bowl, whisk together pineapple juice, soy sauce, ketchup, brown sugar, garlic, and ginger.
4. Heat olive oil in a pan over medium-high heat. Add chicken and cook until browned, about 5 minutes.
5. Add bell pepper and onion to the pan; cook until softened, about 3-5 minutes.
6. Pour sauce over chicken and vegetables. Simmer for 5-7 minutes, until sauce thickens and chicken is cooked through.
7. Serve huli huli chicken and vegetables over the cooked rice.