



HULI HULI CHICKEN

Marinated chicken is grilled and glazed with a shiny sauce for a tender, flavor-packed main dish. Add caramelized grilled pineapple, and you have the perfect bite. Be sure to give yourself enough time to marinate the chicken for at least 2 hours!

 6 portions

INGREDIENTS

- 1 cup pineapple juice
- 2/3 cup soy sauce
- 1/2 cup ketchup
- 1/3 cup packed dark brown sugar
- 1/3 cup dry sherry
- 2 tbsps apple cider vinegar
- 1 tbsp grated fresh ginger (from a 2-inch piece) or ginger paste
- 5 cloves of garlic, grated or finely minced (about 1 tablespoon)
- 2 1/2 pounds small boneless, skinless chicken thighs (8 to 9 small thighs)
- Canola oil, for grilling
- 6 (1-inch-thick) fresh cored pineapple rings-optional

COOKING METHOD

- 1° Marinate the chicken: In a medium bowl or 4-cup liquid measuring cup, whisk together the pineapple juice, soy sauce, ketchup, brown sugar, sherry, vinegar, ginger, and garlic. Place the chicken in a large resealable zip-top bag. Pour 2 cups of the marinade over the chicken and seal to close. Reserve the remaining 1 cup marinade for glazing. Place the bag with the chicken on a large plate and refrigerate for at least 2 hours or up to 4 hours.
- 2° Preheat the grill: Remove the chicken from the refrigerator 30 minutes before cooking. Preheat a grill to medium (350°F to 400°F). Remove the chicken from the marinade and pat dry with paper towels; discard the bag with the marinade.
- 3° Grill the chicken: Brush oil onto the grill grates. Place the chicken on the oiled grates and grill, covered, until grill marks appear, about 3 minutes. Flip the chicken and continue to cook until grill marks appear on the second side, about 3 more minutes. Flip again and continue to cook, flipping every 2 minutes, until an instant-read thermometer inserted into the thickest portion of the thighs registers 135°F, about 4 minutes.
- 4° Glaze the chicken: Once the chicken has reached 135°F, brush some of the reserved marinade over the thighs. Cook, flipping and brushing with marinade every 1 to 2 minutes, until glazed and an instant-read thermometer inserted into the thickest portion of the thighs registers 165° to 175°F, 3 to 4 more minutes. Remove from the grill, transfer to a platter, and let rest for 10 minutes. Grill the pineapple: While the chicken rests, lightly brush additional oil over the grill grates and increase the temperature to medium-high (400°F to 450°F). Place the pineapple slices on the oiled grates and grill, uncovered, until grill marks appear on both sides and the pineapple starts to caramelize, about 4 minutes, flipping once halfway through.
- 5° Grill the pineapple: While the chicken rests, lightly brush additional oil over the grill grates and increase the temperature to medium-high (400°F to 450°F). Place the pineapple slices on the oiled grates and grill, uncovered, until grill marks appear on both sides and the pineapple starts to caramelize, about 4 minutes, flipping once halfway through.
- 6° You can also bake the chicken at 350 until proper internal temperature of 165° to 175°F is reached. Alternatively, you can sauté in large sauce pan on medium heat, covered until thighs are 165° to 175°F. Be sure to continually baste with sauce.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (326 g)	% DRI
ENERGY	106 kcal	345 kcal	17 %
FAT	3 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	50 mg	163 mg	54 %
SODIUM	418 mg	1362 mg	57 %
CARBOHYDRATE	9 g	29 g	10 %
SUGARS	7 g	23 g	—
FIBER	0 g	1 g	4 %
PROTEIN	12 g	37 g	—