

Sweet and Savory Pineapple Chicken

This delicious dish combines tender chicken with the tropical sweetness of pineapple, creating a delightful balance of flavors. Perfect for a quick lunch or dinner, it's both satisfying and refreshing.



Main Dish

25 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (150g)
- 1/2 cup pineapple chunks (fresh or canned)
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon olive oil
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- Fresh cilantro (for garnish)

Steps

- 1 In a bowl, mix soy sauce, honey, garlic powder, salt, and pepper to create a marinade.
- 2 Cut the chicken breast into bite-sized pieces and add to the marinade, ensuring it's well-coated. Let it sit for 10 minutes.
- 3 Heat olive oil in a skillet over medium heat. Add the marinated chicken and cook for about 5-7 minutes until golden brown.
- 4 Add pineapple chunks to the skillet and cook for an additional 3-4 minutes until heated through.
- 5 Serve the dish warm, garnished with fresh cilantro.