

Treasure Barrel

Hawaiian Chicken Sheet Pan – Easy One-Pan Dinner

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs skinless chicken thighs, cut into bite-size pieces
- [ ] 1 cup fresh pineapple chunks
- [ ] 1 red bell pepper, sliced
- [ ] 1 green bell pepper, sliced
- [ ] 2 tbsp olive oil

For the Sauce

- [ ] ¼ cup soy sauce (or tamari for GF)
- [ ] 2 tbsp honey
- [ ] 1 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp grated fresh ginger
- [ ] Juice of ½ lime

Instructions

1. Preheat oven to 425°F (220°C). Line a rimmed sheet pan with parchment.
2. In a bowl, toss chicken pieces with olive oil, then spread them on the pan, skin side up.
3. Roast chicken for 12 minutes until lightly browned.
4. While chicken roasts, whisk together all sauce ingredients in a small saucepan; simmer 3 minutes.
5. Remove pan, add pineapple and bell peppers around the chicken, drizzle half the glaze, then return to oven for another 12-15 minutes.
6. When everything is caramelized, toss gently with the remaining glaze, sprinkle chopped cilantro, and finish with lime juice.

Nutrition per serving

420 kcal	28 g	35 g	16 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a crispier skin, broil for 2 minutes at the end.
> - Avoid stirring the pan too often; let the pineapple caramelize.
> - For extra depth, add a splash of pineapple juice to the glaze.