

# Hawaiian Chicken

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## GATHER

1 LB Chicken Breast  
1 can Pineapple Chunks  
4 Tbsp Brown Sugar

1 Shallot  
1 tsp Ground ginger

1 Tbsp Soy Sauce  
1 tsp Chopped Fresh Parsley

1 Tbsp Minced Garlic  
1/2 Tbsp Crushed Red Pepper

## PREP

Cut the chicken breasts into bite-sized pieces. Sprinkle with salt and pepper.

Mince the shallot and parsley.

## PREPARE

Saute the shallot in olive oil in a large skillet over medium heat. When they become translucent, brown the chicken in the same skillet.

When the chicken is cooked through, add the soy sauce, garlic, pineapple chunks and half the juice, ginger, parsley, crushed red pepper, and brown sugar. Stir well to combine all ingredients. Let simmer for 10-15 minutes, or until the juice has cooked down by half.

SERVES 4

ENJOY OVER RICE!