

Helergon Kitchen

Hawaiian Chicken Sheet 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 bone-in, skinless chicken thighs, cut into bite-size pieces
- [ ] 1 cup fresh pineapple chunks
- [ ] 1 red bell pepper, sliced into strips
- [ ] 1 small red onion, cut into wedges
- [ ] 2 tbsp olive oil

Marinade & Glaze

- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp lime juice
- [ ] 1 tsp grated ginger
- [ ] 1 clove garlic, minced
- [ ] ½ tsp black pepper

Instructions

1. Preheat oven to 425°F (220°C). Line a rimmed sheet pan with parchment for easy cleanup.
2. In a large bowl, whisk together soy sauce, honey, lime juice, ginger, garlic, and black pepper. Add chicken pieces, toss to coat, and let sit while you prep the veggies.
3. Spread chicken, pineapple, bell pepper, and onion evenly on the sheet pan. Drizzle with olive oil and give everything a gentle toss.
4. Roast for 25-30 minutes, turning halfway, until chicken is golden and reaches 165°F (74°C) and pineapple is caramelized.
5. Remove from oven, let rest 5 minutes, then sprinkle fresh cilantro and an extra squeeze of lime before serving.

Nutrition per serving

420 kcal	35 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter glaze, add an extra tablespoon of honey.
- For a gluten-free version, replace soy sauce with coconut aminos.
- A quick side of steamed rice or cauliflower rice balances the tropical flavors.