

## Huli Huli Grilled Chicken (Recipe Tin Eats)

### Ingredients

- 3 lb boneless, skinless chicken thighs (about 12 pieces)
- 1 tbsp vegetable oil

### Marinade

- ¾ cup pineapple juice, canned or bottled (NOT fresh), unsweetened
- 1 ½ tbsp ginger, freshly grated
- 1 ½ tbsp garlic, freshly grated
- ½ cup tomato ketchup
- ½ cup soy sauce
- ¼ cup sherry or Chinese cooking wine
- ¼ cup brown sugar
- 1 tbsp Sriracha
- 2 tbsp rice vinegar (or cider vinegar)
- 1 tbsp sesame oil, toasted

### Garnishes, optional

- Slice green onion
- Pineapple slices, grill for 3 minutes on each side for lines

### Directions

1. Mix marinade, set aside ¾ cup for basting
2. Pour the rest over the chicken in a glass or ceramic container (not metal or plastic). Coat chicken and marinade 24-48 hours.

### Cooking

1. Brush BBQ grills with oil then preheat to medium high, or heat oil in a skillet over medium high heat
2. Drain excess marinade from chicken and place chicken on BBQ/skillet.
3. Cook the first side for 2-3 minutes until golden (adjust heat if browning too fast), then flip and cook for 2 minutes.
4. Baste (dab) generously with reserved marinade, then flip and cook for 1 minute.
5. Repeat this every minute or for a total cook time of 10 minutes, or until internal temp in the thickest part registers 167° (thigh) or 150° (breast)
6. Transfer chicken to a plate, loosely cover with foil, and rest for 3 minutes before serving.
7. Garnish with green onions if desired

### Variation:

- When using chicken breasts, pound them out to the same thickness, or use thin-sliced breasts. Pull them off the grill when they are about 162°; they will continue to cook while resting.
- Substitute frozen pineapple juice from concentrate, thawed for the unsweetened pineapple juice

Serves 5-6

**Nutritional value** (boneless thighs)

Cholesterol: 238g

Fat: 15g

Sugar: 6g

Iron: 2mg

Carbohydrates: 8g

Sat. Fat: 5g

Vitamin A: 111IU

Fiber: 1g

Calories: 377

Sodium: 912 mg

Vitamin C: 3mg

Protein: 49g

Potassium: 680 mg

Calcium: 31 mg

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