

Idiot's Kitchen Recipe – Hawaiian Glazed Chicken

Recipe from idiotskitchen.com



Ingredients:

3½ - 4 pounds boneless, skinless chicken thighs (about 8-10 pieces)
6 oz. pineapple juice
½ cup brown sugar, lightly packed
½ cup ketchup
1/3 cup soy sauce or tamari (GF)
2-3 teaspoons fresh ginger, grated – about a 2-inch piece
2-3 cloves garlic, grated
1 lime, zested & juiced

Plan Ahead! For best results this needs to marinate for a minimum of 2 hours. 4-6 is even better.

In a large bowl, combine 6 oz. of pineapple juice, ½ cup brown sugar, ½ cup ketchup, and 1/3 cup soy sauce or tamari (GF).

Grate the zest from 1 lime and add it and the juice of the lime to the bowl.

Grate in a 2-inch piece of peeled fresh ginger (about 2-3 teaspoons) and 2-3 cloves of garlic.

Stir to combine then pour ¾ cup of the marinade into a small bowl or measuring cup and set aside for the glaze.

Trim 8-10 boneless, skinless chicken thighs and add them to the bowl of remaining marinade. Stir to cover all of the chicken in the marinade then cover and refrigerate for 2-6 hours.

When you are ready to cook, remove the chicken from the marinade and blot on paper towels. Discard the used marinade that has been in contact with the raw chicken.

Preheat a grill to medium high and oil or spray the grates. Grill the chicken quickly on the first side, only 2-3 minutes to get good grill marks. Turn the chicken and add a thin coat of the reserved marinade glaze to the top. Turn the heat down to medium and cook the chicken turning and marinating both sides every 1-2 minutes until you have a nice sticky coating, you've used up all the glaze, and the chicken is cooked through, 10-12 minutes total.

Serves 4 and is great leftover.

© Idiot's Kitchen 2016