

# Huli Huli Chicken

You can find huli-huli chicken all over Hawaii, from high end restaurants to roadside stands, and after one taste you'll know why. With a teriyaki inspired sauce on tender chicken and grilled pineapple rings, this recipe is going to be a family favorite. After you serve it with basmati rice and a pickled cucumber salad, get ready to fall in love.

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (about ¼ cup  
per serving)

### 5 MEEZ CONTAINERS

Basmati Rice  
Chicken Breast  
Pineapple Rings  
Huli Huli Sauce  
Pickled Cucumber  
Salad

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Make The Meal Your Own

**Shout “huli” as you cook.** This dish was originally made on a grill with a make-shift spit and Hawaiians would scream “huli,” which means turn, when they rotated the chicken.

### Good To Know

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 810 Calories, 4g Fat, 64g Protein, 134g Carbs, 23 Smart Points

**Lighten Up snapshot per serving** – 585 Calories, 3g Fat, and 16 Smart Points by using two-thirds of the rice, half the sauce, and eliminating the flour

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

*meez*meals

### 1. **Getting Organized**

Put 2 cups of water in a saucepan to boil. Set oven to broil.

### 2. **Cook the Rice**

Add the **Basmati Rice** to the boiling water, reduce heat to low, cover and simmer for 15-20 minutes or until desired tenderness. Let stand for 5 minutes and then fluff with a fork and set aside.

### 3. **Prep and Cook the Chicken**

While the rice is cooking, pour ½ cup flour in a shallow pan or plate and add a generous pinch of salt and pepper. Coat the **Chicken Breast** with the flour, making sure each piece is covered.

Heat a large skillet with 1 Tbsp olive oil on medium high heat. Add the coated chicken to the pan and cook for 3 to 4 minutes, until the chicken is crisp & brown. Turn the chicken over, cook for 3 to 4 minutes more, until this side is brown as well. Remove from heat and set aside.

### 4. **Broil the Pineapple Rings**

Lightly apply olive oil or cooking spray to a baking sheet and spread out **Pineapple Rings**. Place on the top rack of the oven and broil for 7-10 minutes or until rings begin to turn brown.

### 5. **Put it All Together**

Turn stove to medium-high, add **Huli Huli Sauce** and bring to a slight boil. Add cooked chicken breast and cook for 2 minutes.

Place the chicken on the rice and then top with the broiled pineapple rings. Drizzle a few large spoonfuls of the remaining sauce. Serve alongside the **Pickled Cucumber Salad** and enjoy!

*Start by using just a little bit of the extra huli huli sauce and give it a try. You*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

*can always add  
more till it  
tastes just right!*

INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari  
Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

meezmeals