

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

If you're cooking with kids, cut their chicken into small strips before serving.

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 This dish was originally made on a grill with a make-shift spit and Hawaiians would scream "huli," which means turn, when they rotated the chicken.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.

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 can always add more till it tastes just right!

Instructions for two servings.

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