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Pineapple BBQ Chicken

A simple recipe with only a small handful of ingredients, this dish comes together fairly quickly. The sweetness of the pineapple and BBQ sauce make a wonderful pair.

🕒 Prep: 10min Cook: 25min

Ingredients

5 servings


2.5 lbs boneless skinless chicken thighs

1 tsp pepper

1 lb frozen broccoli
I use the chopped broccoli for ease

2 stalks green onion
optional for garnish

2 tsp garlic powder

 **1/4 cup** **Gates** based BBQ sauce
Vinegar, I use the brand

3 cups pineapple
fresh or frozen

1 tsp salt

2 sweet potatoes
large

 **2 Tbsp** olive oil

Instructions

View on mealprepmanual.com:





My notes

What would I change next time?
