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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

2 tsp garlic powder

1 tsp salt

1 tsp pepper



1/4 cup Gates based BBQ sauce

Vinegar, I use the brand

2 sweet potatoes

large

1 lb frozen broccoli

I use the chopped broccoli for ease

3 cups pineapple

fresh or frozen

2 Tbsp olive oil

2 stalks green onion

optional for garnish

Instructions

View on mealprepmanual.com:





My notes

What would I change next time?
