

Baked Pineapple Teriyaki Chicken

Ready in under an hour, **baked pineapple teriyaki chicken** is a quick dinner recipe for busy nights. The thick and delicious homemade teriyaki sauce adds tons of fresh, bold flavor—and you control the ingredients, sodium, and spice. Serve with rice or quinoa and vegetables for a wholesome meal.

I originally published this recipe in 2015 and have since added new photos, helpful success tips, and a couple small tweaks to ensure a thicker teriyaki sauce.



If you've ever made my [honey garlic shrimp](#), you know that dinners can be quick,

healthy, and flavorful. Today's baked pineapple teriyaki chicken is bursting with flavor and makes excellent leftovers. I encourage you to add this easy meal to your weeknight recipe rotation!

Why You'll Love This Pineapple Teriyaki Chicken Recipe

- Simple to prepare
- Completely from scratch, so you control the ingredients
- Healthy and wholesome

- Ready in under an hour
- Makes great leftovers (and freezes well, too)
- Customizable to your taste preferences
- Packed with protein

One reader, Lisa, commented:

“... You really scored a touchdown with this one. The chicken and the pineapple absorb all of the flavor from the teriyaki

sauce beautifully. I had to sop up all the remaining sauce because I didn't want any of it to go to waste. Definitely a recipe to do again and again!!!! “

One reader, Frida, commented:

“...I made it last night and instantaneously became a staple in my house. I'll

substitute soy sauce with tamari next time to make it gluten free, and use chicken drumsticks which are a personal preference. This sauce is out of this world!!! “

One reader, Michelle, commented:

“This was really easy and tasty! I added a chopped

red
bell
pepper
into
the
baking
dish
and
used
partially
thawed,
frozen
pineapple
chunks.
We
all
loved
it and
my 7
year
old
even
asked
to
add it
to his
favorites
list—
high
praise!!
“



Favorite Homemade Teriyaki Sauce

This is my very
favorite

homemade
teriyaki sauce
made with real
ingredients you
can pronounce. It
is similar to the
sauce in this
[honey teriyaki
chicken](#) (we use
more honey in
that recipe). It's
incredibly
versatile and
delicious on
cooked salmon or
stir-fry veggies,
too.

We'll use brown
sugar and honey
to sweeten the
sauce. Not much
of either, just
enough to
balance the soy
sauce and bring a
sweet profile to
the sauce as a
whole. It's the
perfect balance of
sweet and salty,
and you know
exactly what's in
it.

If you enjoy trying
homemade
sauces, try the
garlic pan sauce
from this [creamy
garlic chicken and
vegetables](#) dish.
(Unbelievable!)

Ingredients You Need:



- **Chicken:** I
use
boneless,
skinless
chicken
breasts.

You can
use
boneless,
skinless
chicken
thighs
instead, or
even bone-
in chicken
thighs,
drumsticks,
or wings.

- **Pineapple:**
Fresh,
canned, or
frozen—use
whatever
form of
pineapple
you'd like!

- **Cornstarch:**
This is what
thickens the
sauce; I do
not
recommend
skipping it.
Dissolve it
in a little
water first

before
adding it to
the pot.

- **Brown
Sugar &
Honey:** For
sweetness.

- **Soy Sauce:**
You can
use
reduced-
sodium or
regular soy
sauce here.
You could
also use
tamari
instead, for
a gluten-
free option.

- **Apple
Cider
Vinegar:**
This
balances
the flavors
in the
sauce. You
can use rice
wine
vinegar
instead if
needed.

- **Garlic:** You
need 1
clove,
minced, for
flavor. If you
love garlic,
feel free to
add more!

- **Ginger:**
You can
use dried
ground

ginger or
minced/
grated fresh
ginger,
whatever
you prefer/
have on
hand. I
usually use
fresh. Just
make sure
to adjust the
amount
accordingly.
1/2
teaspoon
ground
ginger = 2
Tablespoons
fresh
minced
ginger.

- **Pepper:**
Freshly
ground
black
pepper, like
the ginger,
adds just
the right
amount of
spice,
without
making the
sauce spicy.

Overview: How to Make Baked Teriyaki Chicken

Make the sauce. Cook the sauce ingredients together on the stovetop. Let it boil for a couple minutes to thicken the sauce. The consistency should be slightly thicker than maple syrup, or thick enough to coat the back of a spoon. I slightly increased the amount of time it boils in the recipe, to ensure a thicker sauce.

Pour the sauce over the chicken. Pat the chicken dry, and arrange it and the pineapple in a greased baking dish. Pour all of the teriyaki sauce on top.



Bake. Bake until the chicken is completely cooked through. During this time, prepare any sides you want to serve alongside. Rice and broccoli are my favorite pairings.

Right before it's finished baking, I remove the pan from the oven and cut the chicken into smaller pieces. This is completely optional. Here's the dish before cutting the pieces of chicken:

baked
chicken
teriyaki
in
oval
baking
dish.



Serve. Garnish with a sprinkle of scallions/green onions and sesame seeds, if desired. These are the same garnishes I always add to another similarly flavored dish:

[slow cooker honey teriyaki chicken](#). (That one is always a hit!)

Are you looking for a traditional Japanese-style teriyaki sauce? I've made and loved Nami's [homemade teriyaki sauce](#).

Can I skip the pineapple?

Yes, absolutely. If you want regular baked chicken teriyaki, skip the pineapple altogether. You could even replace it with 1 cup sliced red bell pepper (about 1 pepper).

Can I make this with fish instead?

You can, and I recommend salmon. The bake time will be slightly shorter, until the fish is completely cooked through.

Do I bake this covered or uncovered?

I recommend baking this teriyaki chicken uncovered.

baked
chicken
teriyaki
with
pineapple
broccoli
and
white
rice.



pineapple teriyaki chicken is a quick dinner recipe for busy nights. The thick and delicious homemade teriyaki sauce adds tons of fresh, bold flavor—and you control the ingredients, sodium, and spice. Serve with rice or quinoa and vegetables for a wholesome meal.

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Description

Ready in under an hour, baked

1. Use a fork to whisk the cornstarch and water together in a small bowl. It will be a thick, milky liquid. Combine the cornstarch mixture, brown sugar, honey, soy sauce, vinegar, garlic, ginger, and pepper in a small saucepan over low heat. Whisking occasionally, bring to a

boil. Once boiling, stop whisking and allow to boil for 2 minutes, or until the sauce coats the back of a spoon and is the consistency of maple syrup. Turn off the heat and set aside for at least 10 minutes, allowing it to cool and thicken.	exact pan . Set aside.	the 25-minute mark, remove from the oven and carefully slice the chicken into chunks, then return to the oven. The smaller the chicken pieces, the more sauce they'll soak up. You can also cut up the chicken prior to cooking.	The teriyaki sauce, prepared in step 1, can be made 1 day in advance and stored in the refrigerator. You can even prepare the dish and chicken through step 3, cover the pan tightly, and keep in the refrigerator for up to 1 day. Bring to room temperature, and then bake as directed.	3. For a rounded out meal, serve with broccoli, rice, quinoa, baked sweet potatoes, or anything to soak up the delicious teriyaki sauce.
2. Meanwhile, preheat oven to 400°F (204°C). Lightly grease a 2–3-quart baking dish, such as a 10-inch baking pan, 11×7-inch baking pan, shallow 9×13-inch pan, or 10-inch cast iron skillet . In the photos, I used this	3. Pat the chicken dry with paper towels. Arrange in the prepared pan. Add the pineapples on top and all around the chicken. Pour sauce on top, then turn the chicken over to make sure every inch is coated in the sauce. Use a basting/pastry brush if needed.	5. Sprinkle green onion and sesame seeds on top and serve the chicken and pineapple with sauce from the pan poured on top. Store leftovers in the refrigerator for up to 5 days.	2. Special Tools (affiliate links): Glass Mixing Bowl Whisk Saucepan Casserole Dish (any similar size will work; I used this pan in photos) Pastry Brush	4. Pineapple: You can use fresh, canned (drained), or even frozen pineapple. If using frozen, thaw and pat dry first. You can also skip the pineapple altogether if desired, or replace with 1 cup sliced red bell pepper.
	4. Bake uncovered for 30–32 minutes or until the chicken is completely cooked through (internal temperature should be at least 165°F (74°C)). This is optional: at			5. Slight updates in 2025: I increased the sauce's boiling time from 1 minute to 2 minutes to allow for a thicker
		Notes 1. Make Ahead Instructions:		

sauce. You will also pat the chicken dry, which helps the sauce coat it easier.

Nutrition

- **Serving Size:** 1 chicken breast and

1/4 cup pineapple

- **Calories:** 399
- **Sugar:** 34.9 g

- **Sodium:** 598.8 mg
- **Fat:** 5.3 g
- **Carbohydrates:** 39.5 g
- **Protein:** 46.4 g

- **Cholesterol:** 144.8 mg