

NUTRITION PER SERVING

MARINADE INGREDIENTS

- 3 pounds boneless, skinless chicken breast
- 2 pounds boneless, skinless chicken thighs
- 2 cups pineapple juice
- 1/4 cup Tamari (gluten free soy sauce)
- 1/4 cup fresh ginger, minced

INGREDIENTS

- 5 pounds marinated chicken (See marinade recipe above)
- 2 pounds/bunches asparagus, woody bottoms removed, cut into 1" sections
- 2 yellow onions, julienned
- 2 red bell peppers, julienned
- 2 bunches scallions, hairy bottoms removed, cut into 2" sections
- 1 whole pineapple, core removed, cut into tidbits
- 1 bunch cilantro, roughly chopped
- 1/4 cup fresh ginger, minced
- 1/4 cup fresh garlic, minced
- Olive oil, as needed
- Kosher salt, to taste
- Black pepper, to taste
- Sriracha, to garnish (optional) (to your liking)
- 22 1/2 cups cooked white rice (optional)



PINEAPPLE CHICKEN

MARINADE INSTRUCTIONS:

1. Combine all ingredients in a mixing bowl or gallon Ziploc bag and marinate under refrigeration for a minimum of four hours or up to two days.

PREPARATION INSTRUCTIONS:

1. Place marinated chicken on a foil lined sheet pan and roast at 400°F until the thickest part of the breast reaches 165°F. Remove from oven.
2. While chicken is roasting, heat olive oil in a large sauté pan over medium-high heat.
3. Add the garlic and ginger and stir until garlic begins to toast, then add the asparagus, onions and a pinch of salt. Stir to coat uniformly. Cook for two minutes.
4. Add the bell peppers and cook for two minutes.
5. Add the pineapple and scallions and cook for two minutes.
6. Cut the heat, add the cilantro, stir to distribute evenly, then season with kosher salt and black pepper to your liking.
7. When the chicken is done, julienne it and add it to the pan of vegetables. Fold all ingredients together until uniform.
8. Portion rice into meal prep containers, we used 1 1/2 cups per container and got 15 total portions.
9. Portion pineapple chicken into containers of rice and garnish with a squirt of Sriracha.
10. Refrigerate for up to four days or freeze for up to six months.
11. Enjoy!

Yield: 15 portions