

Huli Huli Chicken on Asian Slaw Salad with Pineapple Relish



Makes:

6 servings

Utensil:

11" Large Skillet with Cover

3.5 Qt. Double Walled Bowl

small mixing bowl

medium mixing bowl

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Contributed By:

Chef John Lara

Personal chef to former U.S. President

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Recipe Description:

This Hawaiian dish brings a taste of the islands to your table.

Huli Huli Chicken

¹?₂

cup

soy sauce

(120

mL)

¹?₂

cup

brown sugar

(90

g)

¹?₂

cups
pineapple juice
(360
mL)
2
tablespoons
sesame oil
(30
mL)
2
teaspoons
ground ginger
(10
mL)
1
teaspoon
garlic, shredded, use Cone #1
(5
mL)
6
boneless chicken thighs, skin-on

Asian Slaw Salad & Vinaigrette

3
tablespoons
rice wine vinegar
(45
mL)
1
tablespoon
sesame oil
(15
mL)
2
tablespoons
peanut butter
(32
g)
1
tablespoon
soy sauce
(15
mL)
1
tablespoon
brown sugar
(9
g)
1
tablespoon

ground garlic
(15
mL)
2
teaspoons
ground ginger
(10
mL)
3
cups
green cabbage, strung, use Cone #2
(210
g)
2
cups
red cabbage, strung, use Cone #2
(140
g)
1
large carrot, strung, use Cone #2
1
bundle green onions, sliced thin
1
red pepper, cut julienne
1
red onion, sliced, use Cone #4
¹?₄
cup
cilantro, chopped
(15
g)

Pineapple Relish

1
cup
pineapple, small diced
(165
g)
³?₄
cup
Roma tomatoes, seeded and diced
(135
g)
¹?₄
cup
red onion, strung, use Cone #2
(40
g)
1
tablespoon

serrano pepper, strung, use Cone #2 (optional)

(7

g)

2

limes, juiced

2

tablespoons

cilantro

(8

g)

sea salt and pepper to taste

Directions:

1. In a medium bowl, place soy sauce, brown sugar, pineapple juice, sesame oil, ginger and garlic. Whisk all ingredients well to create a marinade.
2. Rinse chicken thoroughly with cold water. Combine marinade with chicken and marinate in the refrigerator for an hour to allow flavors to develop.
3. Preheat skillet over medium-low heat. Drain chicken thighs and reserve marinade. When several drops of water sprinkled on pan skitter and dissipate, carefully add chicken thighs skin side down. Cook for 5 minutes until browned. Turn and cook for 3 minutes, then cover. When Vapo-Valve? clicks, reduce heat to low, add reserved marinade and cook for 20 - 30 minutes or until chicken is tender. Allow chicken to cool down slightly at room temperature and slice on the bias before placing on top of slaw salad.

Asian Slaw Salad & Vinaigrette

1. To make the vinaigrette, incorporate the first 7 ingredients, through ginger, in a small bowl. Whisk thoroughly and set aside.
2. In double walled bowl, fold remaining ingredients together. Toss with the vinaigrette just before serving.

Assembly

1. Place all ingredients for Pineapple Relish in a medium bowl and stir to blend. Set aside.
2. Place a bed of Asian Slaw on the base of a plate. Top with sliced chicken and drizzle with any extra marinade. Garnish chicken with the Pineapple Relish.

Tips:

- Can marinate chicken overnight.
- Remove skin from chicken if desired.

Nutritional Information per Serving
Huli Huli Chicken with Asian Slaw Salad

Calories:

350

Total Fat:

12g

Saturated Fat:

2g

Cholesterol:

57mg

Sodium:

928mg

Total Carbs:

46g

Dietary Fiber:

4g

Sugar:

31g

Protein:

19g

Pineapple Relish

Calories:

33

Fat:

0g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

3mg

Carbohydrate:

9g

Fiber:

1g

Sugar:

7g

Protein:

1g

Make 2 cups of relish