



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### HAWAIIAN CHICKEN WITH COCONUT RICE

|                                |                                     |
|--------------------------------|-------------------------------------|
| 1 ½ pounds chicken tenderloins | 2 tablespoons canola oil            |
| ½ fresh ripe pineapple         | 2 tablespoons honey                 |
| ¼ cup pineapple juice          | 1 cup basmati or jasmine rice       |
| ¼ cup soy sauce                | ¾ cup coconut milk                  |
| 3 tablespoons ketchup          | ¾ cup water                         |
| 2 tablespoons brown sugar      | 1 tablespoon fresh parsley, chopped |
| 5-6 cloves fresh garlic        |                                     |

1. In a food processor or blender, blend pineapple juice, soy sauce, ketchup, brown sugar, fresh garlic, and canola oil to create the marinade for the chicken.
2. Add chicken and marinade into a zip lock bag, mix well to ensure all chicken tenderloins are covered with marinade. Marinate for 1 hour, or up to 24 hours.
3. Grease a grill pan, cast iron grill, charcoal grill, electric grill, or non-stick skillet.
4. Cook chicken until it reaches 165 degree F. Flip halfway through. Once chicken is done, brush honey on both sides of the tenderloins and remove.
5. Slice pineapple into ½ - 1 inch thick slices and grill on both sides.
6. On the stovetop, in a pot, bring to boil rice, water and coconut milk. Once boiled, bring to medium low heat and cook covered (cover with a tight lid and do not open) for 17 – 20 minutes. Remove from heat.
7. Serve chicken and pineapple on bed of coconut rice, and sprinkle with fresh parsley.  
Makes 3 servings.