
Teriyaki Glazed Chicken with Pineapple Salsa

Description

Serve this savory dish with Chef Michi's quick and easy fresh pineapple salsa. Also, watch and learn a quick trick on keeping the chicken from sticking to the pan when baking.

Total time: 1 hr Yield: 4 Servings

Ingredients

cooking spray
8 chicken thighs (boneless, skinless; trim excess fat)
garlic salt
black pepper
1/2 cup sugar
1/2 cup low-sodium soy sauce
3 Tbsp mirin
1 tsp ginger (minced)
1/2 tsp fresh ginger root (grated)
1/2 tsp five-spice powder
2 Tbsp cornstarch
1 cup fresh pineapple (1/2" diced)
1/2 cup tomato (1/2" diced)
1/4 cup red onion (minced)
2 Tbsp scallion (thinly sliced)
cillantro
squeeze of fresh lime juice
1/2 tsp powdered cardamon (cumin can be substituted)
salt

Prep Time: 1 hr Total Time: 1 hr

Instructions

Pre-heat your oven to 325° F and prepare a baking sheet with cooking spray. Season each piece of chicken with garlic salt and pepper, then place onto the baking sheet in a single layer. Bake for about 30 to 40 minutes, rotating the baking sheet half way through. You want the chicken to be golden brown – don't overcook or your chicken will be dry, especially if it will be eaten later.

While the chicken is cooking, prepare the glaze and salsa. To make the glaze, combine sugar, soy sauce, mirin, garlic, ginger root, five-spice and cornstarch in a small pot and bring to a gentle simmer. Cook on low for 8 to 10 minutes, stirring occasionally, until thickened.

Combine the pineapple, tomato, onion, scallion and cilantro, in a bowl and toss with the lime juice and cardamom. Season to taste with salt and pepper. Drizzle the cooked chicken with the glaze and top with a dollop of salsa, enjoy with brown rice and your favorite veggies!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai