

RECIPE | TOMATOES

# HAWAIIAN CHICKEN SALAD



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**TOTAL TIME**  
35 minutes

**PREP TIME**  
10 minutes

**COOK TIME**  
25 minutes

**SERVES**  
4

**COOKING LEVEL**  
Easy

## INGREDIENTS

1 dry pint Pure Flavor® Cloud 9®  
Bite-Sized Fruity Tomatoes, halved  
8 cups mixed salad greens  
1 avocado, sliced  
1 can pineapple rings  
¼ cup basil leaves  
2 green onion, sliced  
Salt, to taste  
Lime wedges, for serving

**For the chicken:**  
4 boneless, skinless chicken breasts  
7-8 tbsp barbecue sauce  
2 tbsp soy sauce  
2 tbsp Worcestershire sauce  
1 tbsp olive oil  
1 ½ tsp minced garlic  
1 tsp vegetable broth powder  
½ lime, juiced

## DIRECTIONS

1. In a bowl, whisk together the barbecue sauce, olive oil, soy sauce, Worcestershire sauce, broth powder, garlic and lime juice. Add the chicken breasts to the marinade, coating evenly.
2. Heat a nonstick grilling pan/skillet over medium heat. Add a drizzle of oil to the pan and add the chicken and sear on both sides. Cover the pan and cook chicken, turning every 2 minutes or so, until browned on both sides and cooked through – about 10 minutes depending the size of the chicken breasts. Remove, allow to rest and keep warm. Reserve the remaining sauce left over from the chicken into a small bowl.
3. In the same pan, drizzle some oil and grill pineapple rings on both sides until caramelized – about 4 minutes per side.
4. Combine all salad ingredients into a large bowl and toss them until mixed. Place the cooked chicken, along with the pineapple rings, tomatoes, green onions, avocado and basil. Drizzle reserved juices from the pan over the salad.