

Serves 4 • Serving size: about 1½ cups

30  
minutes

PREP: 10 minutes  
COOK: 20 minutes

## Huli Huli CHICKEN

5 rings fresh pineapple  
1 whole chicken, skin removed  
¼ cup tomato paste  
¼ cup apple cider vinegar  
¼ cup brown sugar  
¼ cup red onion, minced  
½ cup chicken stock  
4 garlic cloves, minced  
3 tbsp. freshly grated ginger  
1 tsp. crushed red pepper flakes  
1 tsp. coarse kosher salt

1. Place pineapple slices in base of Microwave Pressure Cooker. Season chicken with salt and pepper and place on top of pineapple, breast side down.
2. Whisk together tomato paste, vinegar, sugar, red onion, chicken stock, garlic, ginger, pepper flakes and salt in a medium bowl. Pour over chicken.
3. Place cover on Pressure Cooker, lock. Microwave on high power 20 minutes. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.
4. Remove chicken to cutting board and shred using 2 forks. Place shredded chicken on sandwich roll and drizzle with sauce from the Pressure Cooker.

#### Nutritional Information (per serving):

Calories: 410 Total Fat: 13g Saturated Fat: 3.5g Cholesterol: 150mg  
Carbohydrate: 20g Sugar: 15g Fiber: 1g Protein: 51g Sodium: 520mg  
Vitamin A: 10% Vitamin C: 10% Calcium: 4% Iron: 15%

TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Wire  
Whisk

