

Grilled Chicken with Pineapple

As I mention last week, for this grilled chicken I used some of the juice from the pineapple cheesecake to marinate these chicken breasts. The grilled chicken breast are very tender due to the pineapple juice which contain enzymes that break the protein in chicken, therefore tenderize the chicken and gives them a nice flavor as well.

Ingredients:

3 chicken breasts split in half

3~4 cloves garlic mince

$\frac{1}{2}$ cup pineapple juice

1 tablespoon sesame oil

1 tablespoon soy sauce

Parsley finely chopped

Salt and pepper to taste



Method:

Add all the above ingredients to the chicken breast and refrigerate for at least 2 hours.

Grill the chicken breast and serve hot.



***Thank you for stopping by Simple Recipes and have
a great week!***