

Choco Fever Dream

Sweet Hawaiian Crockpot Chicken

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Hawaiian** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, skinless, bone-in
- [ ] 1 cup fresh pineapple chunks
- [ ] 3 tbsp soy sauce (low-sodium)
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp ground ginger
- [ ] 2 garlic cloves, minced
- [ ] 1/4 cup water

Optional Toppings

- [ ] 2 green onions, sliced
- [ ] 1 tsp sesame seeds

Instructions

1. Pat the chicken thighs dry, then toss with garlic, ginger, and soy sauce in a bowl; let rest for 5 minutes.
2. Place the pineapple chunks at the bottom of the crockpot, drizzle with brown sugar and water, then arrange the seasoned chicken on top.
3. Cover and cook on low for 6-8 hours, or on high for 3-4 hours, until the chicken is fork-tender and the sauce has thickened.
4. If you like a glossy glaze, whisk 1 tsp cornstarch with 2 tsp water and stir into the pot; cook another 10 minutes on high.
5. Serve hot, garnished with sliced green onions and sesame seeds; pair with steamed rice or noodles.

Nutrition per serving

420 kcal	38 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra caramel notes, sear the chicken briefly before adding to the crockpot.
- If the sauce is too thin, let the crockpot sit uncovered for the last 20 minutes.
- Adjust sweetness by reducing brown sugar or adding a splash of lime juice for brightness.