

# Honey Garlic Pulled Chicken with Pineapple Slaw

- Prep Time: 15 minutes
- Cook Time: 4 hours
- Total Time: 4 hours, 15 minutes
- Servings: 6

## Ingredients:

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### Chicken:

- ¼ cup Burman's Low Sodium Soy Sauce
- 2 tablespoons Simply Nature Organic Wildflower Honey
- 2 tablespoons minced garlic
- 1 pound Kirkwood Chicken Thighs, skin removed
- 2 pounds Kirkwood or Never Any! Fresh Boneless Skinless Chicken Breasts

### Pineapple Slaw

- 1 cup diced pineapple
- 4 cups shredded cabbage
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 1 jalapeno, minced
- ¼ cup Simply Nature Organic Apple Cider Vinegar
- 2 tablespoons Carlini Pure Olive Oil
- 2 teaspoons Simply Nature Organic Wildflower Honey
- Stonemill Iodized Salt, to taste
- Stonemill Ground Black Pepper, to taste

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## Directions:

1. For the chicken: In a slow cooker, add soy sauce, honey and garlic. Stir until honey is dissolved. Add chicken and coat in sauce.
2. Turn slow cooker on high and cook for 2 hours. Turn chicken and continue cooking another 2 hours.
3. For the slaw: In a large bowl, combine pineapple, cabbage, green onion, cilantro and jalapeno.
4. In a separate medium bowl, whisk together apple cider vinegar, olive oil, honey, salt and pepper. Toss with cabbage mixture and refrigerate.
5. Transfer chicken to a large bowl. Discard bones and shred the meat. Keep warm.
6. Strain the liquid into a small saucepan. Cook on high until reduced by half. Toss with shredded chicken.
7. Serve chicken alongside slaw and your favorite tortillas.



Recipe Courtesy of:  
ALDI Test Kitchen