

Joel's Jerk Chicken Pineapple Pasta

My genius husband came up with this quick and spicy concoction. It has become one of my favorite meals!

Recipe by Coline Dupuis | Created on **Mar 8, 2022**

Ingredients

- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cubed
- 1 (8 ounce) can pineapple tidbits with juice
- ¼ cup shredded coconut
- 2 tablespoons brown sugar
- 1 teaspoon jerk seasoning mix
- ½ teaspoon ground cinnamon
- ½ teaspoon chili powder
- ½ teaspoon crushed red pepper flakes
- salt and ground black pepper to taste
- 4 ounces dry fettuccini noodles

Directions

- Heat olive oil in a skillet over medium heat. Cook and stir chicken until no longer pink and juices run clear, 7 to 10 minutes. Stir in the pineapple and its juice, coconut, brown sugar, jerk seasoning, cinnamon, chili powder, red pepper flakes, salt and pepper. Reduce heat to low and simmer 15 minutes.
- Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain. Toss chicken mixture with drained pasta.

Nutrition Facts

Serving: **2 servings** | Calories: **627.8 kcal** | Carbohydrates: **79.2 g** | Protein: **35.1 g** | Saturated fat: **8.9 g** | Cholesterol: **69.2 mg** | Sodium: **297.8 mg** | Fiber: **6.3 g** | Sugar: **31.4 g**

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