

KOREAN BBQ CHICKEN BOWL

SERVINGS

4

INGREDIENTS

CHICKEN

1 lb Chicken Breast
2 T. garlic, powder
1 T. ground ginger
1 T. onion powder
1/8 t. crushed red pepper flake
1/4 cup tomato paste
1 T. sugar
2 T. rice vinegar
2 T. soy sauce
1 T. honey
1 T sesame oil

VEGETABLES

1 T sesame oil
1 cup broccoli, chopped
1 cup carrots, shredded
1/2 cup red onion, sliced thin

RICE

1/2 cup Brown Rice
1 cup Chicken Bouillon
1/4 c green onions, thinly sliced

INSTRUCTIONS

1. Combine all chicken ingredients together in a large bowl to marinate.
2. Arrange on a sheet pan and bake in the oven at 350 degrees for 40 minutes.
3. Heat sesame oil in a skillet and saute broccoli, carrots and onions until just cooked.
4. Once chicken is cooked, allow to rest for 5 minutes. Then slice or dice and add to the vegetable mixture.
5. Serve over rice. Garnish with green onions.