



ASIAN CHICKEN BOWL RECIPE

- 4 each **6 oz. chicken breasts, boneless, skinless, pounded thin**
- 2 cups **Subway Sweet Onion Teriyaki sauce, divided**
- 2 Tbsp. **Cooking oil (i.e. canola, grapeseed)**
- To Taste **Salt and pepper**
- 4 cups **Rice, cooked**
- 4 cups **Kale, julienne cut**
- 2 cups **Carrots, julienne cut**
- 1 cup **Radishes, sliced**
- 1/2 cup **Green onion, bias cut**
- 2 tsp. **Toasted sesame seeds**



Method:

Preheat grill until hot. Spread cooking oil over the chicken breasts and season to taste with salt and pepper. Grill over medium high flame for 3-5 minutes, flip and top the breasts with a quarter cup of the Subway Sweet Onion Teriyaki sauce. Cook until chicken breasts reach an internal temperature of 165°. Remove to a platter, flipping to the sauced side down and top with another quarter cup of the Subway Sweet Onion Teriyaki Sauce. Let rest. While the chicken is resting, add one cup of the Subway Sweet Onion Teriyaki Sauce to the hot rice and mix. Divide into four bowls and top with the carrots, radishes and kale. Place the chicken breasts on top and finish with the green onions, sesame seeds and remaining sauce, dividing equally amongst the four bowls.

Serves four.