

Asian Chicken

(a work in progress)

Bradley K. Harris

Combine in a large bowl:

- Carrots, sliced
- Red cabbage, sliced
- 1/2 red bell pepper, diced
- Green onion, chopped
- Ginger, coriander, garlic, pepper?
- Soy?

Combine in a medium bowl (for marinating):

- 2 TBSP soy sauce
- 1 TBSP rice vinegar
- 1 TBSP sesame oil
- 1 tsp ginger powder
- 1/4 tsp garlic
- 1-2 TBSP brown sugar? or some Truvia
- 1-2 TBSP chili sauce – taste to determine amount
- Mint
- Pepper

Cut uncooked chicken into strips (optional). Marinade in medium bowl for 20-30 minutes.

Grill chicken until done (about 8 minutes for me). I brush on the marinade when I flip the chicken halfway through. Cut into bite-sized pieces.

Serve chicken and mixture over (romaine) salad mix with:

- Dried rice noodles? Chow mein noodles?
- Sliced almonds

Rice on side?