



NUTRITION *per serving* 69g carbohydrates 11g fat 58g protein 1075mg sodium | low-calorie, dairy-free, nut-free



Calories
608



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

Grilled Southeast Asian BBQ Chicken

with brown rice and zucchini salad

IN YOUR BOX

- ¾ Cup Parboiled Brown Rice
- 2 Garlic Cloves
- 4 Tbsp. Seasoned Rice Vinegar
- 1 Tbsp. Gochujang Red Pepper Paste
- 1 oz. Soy Sauce—Gluten-Free
- 2 tsp. Honey
- 2 Boneless Skinless Chicken Breasts
- 2 Zucchini
- 6 oz. Radishes
- 3 oz. Shredded Red Cabbage

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Small Pot
- Mixing Bowl
- Grill Pan or Outdoor Grill

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Seasoned rice **vinegar** and **honey** are used twice in this recipe. Both are used in the **marinade** as well as the **salad dressing**.

FROM THE CHEF

If spicy isn't for you, use half the provided amount of gochujang or omit entirely.

Did you know...

How is gochujang different from Sriracha? Gochujang is fermented, which we think lends it deeper, more complex characteristics that marry other flavors without overpowering them.



1

Cook the Rice

Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.



2

Marinate the Chicken

Mince **garlic**. Combine **garlic**, 3 Tbsp. **vinegar** (reserve remaining for salad), **gochujang paste**, **soy sauce**, half the **honey** (reserve remaining for salad), ½ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl. Rinse **chicken breasts** and pat dry. Add chicken to marinade and toss to combine. Marinate 5 minutes.



3

Prepare the Ingredients

Trim **zucchini** ends and, using peeler, shave into long, thin ribbons. When you've peeled to seeds, turn a quarter turn, and peel again. Continue peeling and turning until only seeds remain. Stack ribbons and cut into ¾" strips. Trim and slice **radishes** into ⅛" thin half-moons.



4

Grill the Chicken

Heat a grill pan or outdoor grill to medium-low heat. Lightly coat grill or grill pan with **cooking spray** and grill **chicken breasts** 6-8 minutes on each side, or until chicken reaches a minimum internal temperature of 165 degrees. Discard **marinade** that contained raw chicken and wipe bowl clean.



5

Prepare the Salad

Combine 1 Tbsp. **olive oil**, remaining **vinegar**, remaining **honey**, **zucchini strips**, **red cabbage**, and **radishes** (to taste) to clean bowl and season with ¾ tsp. **salt** and ¼ tsp. **pepper**.



6

Plate the Dish

If desired, slice **chicken** into ½" strips. Place **rice** and **salad** on a plate and arrange chicken over salad.