

Miso Marinated Grilled Chicken Bowl

with Brown Rice, Ginger Broccoli and Mushrooms

Serves 4-6

For chicken and marinade:

- 4 chicken breasts
- ¼ cup miso (I used medium)
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 3 tablespoons honey
- 1 tablespoons chili garlic sauce
- 1 tablespoon chopped ginger
- 3 cloves minced garlic
- 1 tablespoon chili garlic sauce
- 2 cups steamed brown rice
- Thinly sliced scallions for serving
- black sesame seeds for serving

For broccoli and rice:

- 2 lbs broccoli florets, bite size pieces
- 3 cups sliced shiitake mushrooms
- 1 cup diced red pepper
- 1 tablespoon minced ginger
- 2 cloves minced garlic
- 2 tablespoons sesame oil
- 1 tablespoon peanut oil or canola oil

Directions:

For chicken:

Mix all ingredients for marinade together and whisk to combine until smooth. Place in a ziplock bag with chicken breasts and seal until chicken is well coated. Allow to marinate for at least an hour.

Preheat your grill to about 350. Grill for 18 to 25 minutes until internal temperature is 165. Allow to rest.

For broccoli:

Preheat oven to 375.

Toss broccoli with ginger, garlic, oil and soy. Toss well. Spread on a lined baking sheet and roast for 20 minutes until tender and bright green.

Assemble bowls:

Slice chicken on the bias. Place a portion of steamed rice beside chicken and divide vegetables among bowls. Garnish with scallions and sesame seeds and serve immediately. Enjoy!

