

Korean Barbecue Chicken Bowls

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4 Servings

- 1 pound **Pilgrim's Pride** boneless skinless split chicken breasts
- 1 bunch scallions, trimmed and cut into 2-inch pieces

Marinade:

- ¼ cup soy sauce
- 3 tablespoons hot pepper sauce
- 3 tablespoons chopped scallion greens
- 2 tablespoons sugar
- 1 ½ tablespoons grated fresh ginger
- 1 ½ tablespoons sesame oil
- 1 ½ tablespoons sesame seed
- 1 tablespoon chopped garlic
- ¼ teaspoon white pepper

Rice:

- 2 tablespoons oil
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 1 pound fresh asparagus, cut into 1-inch pieces
- 8 ounces fresh spinach
- 1 teaspoon sesame oil
- ½ teaspoon salt
- 4 cups cooked brown rice, hot
- ¼ cup toasted sesame seed

Cut chicken breasts into 1 ½ to 2-inch chunks. Thread chicken alternately with scallion pieces onto 8 short pre-soaked bamboo skewers. Place in single layer in shallow glass dish.

Place soy sauce and remaining marinade ingredients in small bowl and combine well. Pour over filled skewers, cover and marinate 2 to 6 hours in refrigerator.

Heat 2 tablespoons oil in large skillet. Add ginger and garlic and stir-fry about 20 seconds. Add asparagus and spinach. Cover and cook until spinach is wilted and asparagus is crisp-tender. Stir in sesame oil and salt. Remove from heat, add hot rice and combine well. Cover, set aside and keep warm.

Place grill rack 4 to 6 inches from heat source and coat lightly with oil or cooking spray. Preheat grill to medium heat (350°F for gas grill). Place filled skewers on grill, close lid and cook 10 minutes; turn and cook 5 to 10 minutes longer in closed grill, or until internal temperature of meat is 160°F on meat thermometer. Remove skewers to platter.

To serve, divide rice mixture among four individual serving bowls. Top each rice bowl with 2 chicken skewers and sprinkle with sesame seed.