



Grilled Asian Chicken

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

45 mins

Description

Delicious Asian chicken with a sweetsavory glaze This recipe is great for lastminute company or a quick dinner by rounding it out with a baked potato and tossed salad

Ingredients

- - ¼ cup soy sauce - 2 tablespoons honey - 4 teaspoons sesame oil - 2 cloves garlic
- crushed - 3 slices fresh ginger root - 4 skinless
- boneless chicken breast halves

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Combine soy sauce
2. honey
3. sesame oil
4. garlic
5. and ginger in a small microwave-safe bowl; heat in the microwave on medium power for 1 minute
6. then stir. Heat again for 30 seconds
7. watching closely to prevent boiling. Dotdash Meredith Food Studios Place chicken breasts in a shallow dish. Pour soy sauce mixture over top and set aside to marinate for 15 minutes. Dotdash Meredith Food Studios Preheat an outdoor grill for medium-high heat and lightly oil the grate. Meanwhile
8. remove chicken from marinade; transfer marinade into a small saucepan and bring to a boil. Reduce heat to low and simmer until thick
9. about 1 minute. Set aside for basting. Dotdash Meredith Food Studios Cook chicken on the preheated grill
10. basting frequently with reserved marinade
11. until golden brown on all sides and chicken is no longer pink in the center
12. about 6 to 8 minutes per side. An instant-read meat thermometer inserted into the thickest piece should read at least 160 degrees F (70 degrees C). Dotdash Meredith Food Studios Editor's Note: The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
13. ingredients
14. cooking method
15. etc.
16. the actual amount of the marinade consumed will vary.