

Honey Garlic Chicken w/Asian Slaw and Rice

Recipe makes 5 meals

Ingredients

24 oz Boneless Skinless
Chicken Breast, diced
16 oz Bag of Cole Slaw
1 ¼ C White Rice, uncooked
2 Tbsp Sesame Oil, divided
2 Tbsp Low Sodium Soy
Sauce, divided
2 Tbsp Rice Vinegar, divided
4 tsp Honey, divided
6-12 Garlic Cloves, chopped



Nutrition Profile

- per meal -

Calories - 370

Fat - 10g

Carbohydrates - 38g

Protein - 29g

**Estimated Cost
Per Meal**

\$1.98

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Instructions

1. Chop your chicken and place into a large mixing bowl.
2. Chop your garlic and add to the chicken.
3. In that same bowl, add 2 Tbsp soy sauce, 3 tsp of honey, and 1 Tbsp of sesame oil. Mix well.
4. Let that marinate for at least 30 minutes, or overnight.
5. Heat a large skillet over medium heat, add in your chicken. Cook for 5-7 minutes, or until chicken reaches an internal temperature of 165°f.
6. When your chicken is done cooking, remove from heat and set aside.
7. Add your bag of cole slaw to a large mixing bowl, Add 1 Tbsp of sesame oil, 2 Tbsp Rice Vinegar, 2 Tbsp of soy sauce, and 1 tsp of honey. Mix well.
8. In a rice cooker or pot, cook your rice according to the instructions on the package.
9. Divide your chicken, rice, and slaw among five meal containers.
10. Enjoy!

Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes five meals, so it would be the total weight, divided by five. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.
- The white rice can be substituted for any other type of rice, pasta, quinoa, or cauliflower rice if you prefer.