

Woo Dat Cajun Hot Honey Chicken Bowls



Chicken marinade:

- 1.5 lbs. boneless/skinless chicken thighs
- 4 Tablespoons of Olive Oil separated (save 1 T for cooking the chicken)
- 3 Tablespoons of Soy Sauce
- 1 Tablespoon of Lemon Juice
- 1 Tablespoon of Woo Dat Cajun Hot Honey
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- Salt and pepper to taste

Bowl:

- 2 cups cooked brown rice or quinoa
- 4 cups kale or arugula or greens of choice
- 1 cup halved cherry tomatoes
- 1 cup sliced avocado
- 1 cup sliced cucumber

- 1 small red onion thinly sliced
- ½ cup Woo Dat Cajun Hot Honey for drizzling
- Crumbled feta

Directions:

Mix together marinade-ingredients in a bowl and pour over rinsed chicken in a freezer bag (or container of choice). Allow chicken to marinate at least 2 hours or as long as you like. I throw mine together in the morning and let it marinate until I cook it-the longer the better. Heat up a large skillet on medium high then add remaining 1 Tablespoon of olive oil and cook the chicken for about 6 minutes per side or until done. Let chicken rest while preparing bowls. Chicken can be cooked beforehand and stored in the fridge for later. Chop up the chicken into bite-sized pizzas. I like to create an assembly-line with all the ingredients so everyone can make their own bowl to their liking. Start with a half-cup of Brown Rice on one side of the bowl, then one cup of greens on the other, then about ¼ cup of tomatoes, avocado and cucumber, top with chicken, drizzle with Woo Dat Cajun Hot Honey and crumbled Feta. Enjoy!