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Chicken Teriyaki Salad

September 21, 2020

Ingredients

Salad

- Chicken Breast
- Canola oil
- Avocado
- Green leaf lettuce

Sauce

- about 60 grams Soy
- 1/2 cup Sugar

Method

1. Cut chicken breast in half long-wise and then into quarter inch slices. On cutting board, drizzle with soy to marinate while you finish preparing other ingredients.
2. Fry the chicken pieces in canola oil over highest heat until both sides are browned. Remove from pan and set aside while you make your sauce.
3. Combine sauce ingredients in measuring cup. Add enough soy to saturate sugar, approximately 60 grams
4. Pour sauce into pan over high heat, scraping with spatula to loosen chicken fond into the sauce. Cook, stirring constantly until sugar begins to darken and a spatula pulled through the sauce creates empty space (see photos of sauce process above). Remove from heat and add chicken pieces into sauce, stirring to coat.
5. Tear lettuce into bite size pieces. Chop avocado into bite size pieces.
6. Assemble salad by piling lettuce generously into large bowls and topping with chicken pieces. Add avocado chunks and drizzle with extra sauce. We like to eat ours with chopsticks.

Notes

Original recipe link: N/A

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