

# Long's Maple Syrup

100% Pure Canadian

## MAPLE CHICKEN WITH NAPA SALAD

**PREPARATION TIME:** 15 minutes

**MARINATING TIME:** 30 minutes or up to 8 hours

**GRILLING TIME:** 12 to 15 minutes

**SERVES:** 4

### INGREDIENTS

- ¼ cup (50 ml) Long's Maple Syrup
- 2 TBSP (25 ml) sodium-reduced soy sauce
- 1 tsp (5 ml) sesame oil
- 2 cloves garlic, pressed through a garlic press
- 4 boneless skinless chicken breasts (about 1 lb/500g)

#### **Napa Salad:**

- 2 TBSP (25 ml) each of rice vinegar and vegetable oil
- 1 tsp (5 ml) Long's Maple Syrup
- ½ tsp (2 ml) sesame oil
- salt and pepper
- 4 cups (1 litre) shredded Napa Cabbage
- 15 Snow Peas, diagonally sliced into thirds
- 1 carrot grated

# INSTRUCTIONS

1. In a resealable freezer bag, combine maple syrup, soy sauce, sesame oil and garlic. Set aside 1 TBSP (15 ml) of the marinade.
2. Add chicken breasts to bag.
3. Refrigerate for at least 30 minutes or up to 8 hours.
4. Remove chicken from marinade, discarding marinade.
5. Place on greased grill over medium-high heat 375°F (190°C).
6. Grill, covered, turning once, for 12 to 15 minutes or until no longer pink inside and meat thermometer registers 165°F (74°C). Brush with reserved marinade.

## **Napa Salad:**

In a large bowl, whisk together vinegar, oil, maple syrup, sesame oil, and salt and pepper to taste.

Add cabbage, snow peas and carrot; toss to combine.

Serve with grilled chicken.