



**Korean BBQ Pulled Chicken
with Asian Slaw**

Ingredients

- 3 lbs boneless skinless chicken breast and/or boneless skinless thighs
- 1-2 cans (16oz) diced tomatoes
- 4 crushed garlic cloves
- ¼ cup [Fustini's Sesame oil](#)
- ¼ cup [Farmstyle Sriracha](#)
- 2 tablespoons Chinese 5 spice, divided
- up to 32 oz vegetable broth (if needed)
- ¼ cup brown sugar
- 1 tablespoon whole-grain mustard
- ¼ cup [Fustini's Ginger and Honey balsamic](#)
- serve in tortilla shells or over rice

Asian Slaw

- 1 small head of cabbage (either green or red, or half of both) thinly sliced and chopped
- 2 cups finely chopped kale
- ½ cup raisins
- ¼ cup sunflower seeds
- 2 chopped green onions
- ¼ cup [Fustini's Garlic olive oil](#)
- ¼ cup [Fustini's Traverse City Cherry balsamic](#)
- 1 tablespoon [Fustini's Sesame oil](#)

Directions

Step 1.

Place chicken, tomatoes, garlic, Sesame oil, Sriracha, and 1 tablespoon of 5 spice into a stockpot. Finish covering with stock if there is not enough liquid to cover the chicken. Cover and let simmer (low heat) for about 4 hours. Remove chicken from the liquid and shred chicken with a fork or tongs.



Step 2.

To the pan of chicken liquid, add brown sugar, mustard, remaining 5 spice, and balsamic. Cook for 30 minutes until reduced. Using an immersion blender, blend up the chunks of tomato to desired consistency. Continue to cook for an additional 15 minutes until thickened. Return shredded chicken to the pot and cook until the chicken is warmed through. Serve in tortilla shells or over rice if desired along with slaw.

Step 3. Asian Slaw

Mix cabbage, kale, craisins, sunflower seeds, and green onions in a large bowl. In a mason jar (with a lid), add the oils and balsamic. Screw the lid on and shake until well blended. Pour over slaw and stir to evenly coat.