

Blackstone Chicken Teriyaki Subs

★★★★★
5 from 3 votes

Prep Time

10 mins

Cook Time

10 mins

Blackstone Chicken Teriyaki Subs are super easy to make on the Blackstone griddle, one of the best Blackstone recipes I have had so far!

Course: Main Course

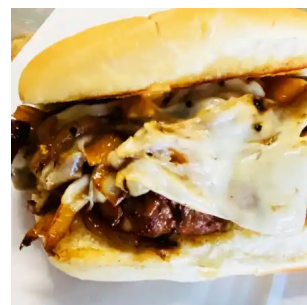
Cuisine: American, Asian

Keyword: Blackstone, Chicken, Griddle, Sandwich, Sub, Teriyaki

Servings: 4

Calories: 384 kcal

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Ingredients

- 1 1/2 pounds boneless, skinless chicken thighs (or chicken breasts)
- 4 cloves minced garlic
- 1/2 cup teriyaki sauce
- 1 red bell pepper
- 1 yellow bell pepper
- 1 onion
- 6 oz mushrooms
- vegetable oil for the griddle
- kosher salt, pepper
- 4 sub buns (or 6 to 8 mini sub buns)
- 8 slices provolone cheese
- Optional: mayo, banana peppers, more teriyaki sauce

Instructions

1. Cut the chicken into inch size cubes, place in a gallon size plastic bag along with the minced garlic and 1/4 cup of the teriyaki sauce. Massage the bag until evenly mixed. Marinate in the fridge at least an hour or overnight.
2. Thinly slice the bell peppers, onion, and mushrooms.
3. Turn your Blackstone griddle on and set it to medium/ medium high heat. Once preheated, add some oil and the chicken, veggies, and remaining 1/4 cup teriyaki sauce. Season lightly with kosher salt and pepper.
4. Cook 7 to 9 minutes, tossing a few times. Divide the chicken and veggies into 4 equal piles and place two slices of cheese over each (adjust as needed if using mini sub buns). Remove from the griddle once the cheese is melted and serve them on the sub buns.
Note: If desired, place the sub buns on the griddle, cut side down, to toast them or warm them.
5. Serve with mayo, banana peppers, and more teriyaki sauce if desired.