

Teriyaki Chicken Rice Bowl



Servings:

3 servings

Prep Time:

15 minutes

Cook Time:

25 minutes

Ingredients

- 1/4 cup Cold Water
- 1 tbsp Cornstarch
- 1/4 cup Low Sodium Soy Sauce
- 1 tsp Sesame Oil
- 1/4 cup Water
- 2 tbsp Brown Sugar
- 1/8 tsp Ground Ginger
- 2 tsp Minced Garlic
- 1 tbsp Honey
- 3 cups Brown Rice, cooked
- 3 tbsp Olive Oil, divided
- 1 lb Chicken Breast, cut into 1" pieces
- ½ cup **Onion**, diced
- 2 cups **Broccoli**, chopped
- 1 cup Matchstick Carrots

Method of Preparation

Step '

Whisk cornstarch and $\frac{1}{4}$ cup cold water together to make a slurry. Set aside.

Step 2

Add soy sauce, sesame oil, water, brown sugar, ginger, garlic and honey to a saucepan.

Step 3

Bring to a simmer and slowly add the cornstarch slurry. Continue to whisk until sauce begins to thicken. Remove from heat.

Step 4

Heat $\frac{1}{2}$ of the olive oil in a fry pan. Add chicken and cook until browned.

Step 5

Add onion and mix. Remove from skillet once chicken and onion is cooked through.

Step 6

Add the remaining 1 $\frac{1}{2}$ tbsp oil to the fry pan with broccoli, carrots, and mushrooms. Saute until tender.

Step 7

Add the edamame, chicken and onions to the fry pan. Stir and cook until edamame is heated.

Step 8

Stir in teriyaki sauce and toss to combine. Remove from heat.

• 3/4 cup **Edamame**, shelled

Step 9

Top cooked rice with the teriyaki mix. Garnish with scallions.

• 1 cup **Mushrooms**, sliced and chopped

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