

Teriyaki Chicken Rice Bowl



Servings:

3 servings

Prep Time:

15 minutes

Cook Time:

25 minutes

Ingredients

- ¼ cup **Cold Water**
- 1 tbsp **Cornstarch**
- ¼ cup **Low Sodium Soy Sauce**
- 1 tsp **Sesame Oil**
- ¼ 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 1

Whisk cornstarch and ¼ 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 ½ 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 ½ 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
- 1 cup **Mushrooms**, sliced and chopped

Step 9

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

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