

Teriyaki Chicken Bowl



Serves
4 people

Prep Time

Cooking

Total Time

Calories

475 kcal

Stuff that's in it:

- 600G Chicken Breast (Diced)
 - 120Ml Chicken Stock
 - 2Tbsp Soy Sauce
 - 3Tbsp (55G) Honey
- 2 Cloves Garlic (Finely Chopped)
- 200G Dry Basmati Rice (Cooked As Per Packet Instructions)
 - 5G Fresh Ginger (Sliced Finely)
 - 10G Flour
 - 15Ml Rice Wine Vinegar
 - 5Ml Sesame Oil
- 120G Green Pepper (Diced)
 - 330G Broccoli Florets
 - 20G Sesame Seeds

What you do:

Pop your rice on to cook

Add the flour, soy sauce, stock, garlic, honey, ginger, sesame oil, rice wine vinegar and ginger to a bowl and

whisk, set aside

Squirt a little oil in a wok or high sided deep pan, heat, add the chicken and green peppers and fry for around 7-10 mins or until cooked through.

Add the sauce to the pan and bring to the boil, simmer until the sauce is thick, bubbling and golden

Serve with rice and broccoli, adding the sesame seeds last!

Nutrition

- Carbs: 61g
- Fat: 6g
- Protein: 43g

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