



# ! JAPAN

## Chicken Teriyaki

Serving Size: 4 oz Chicken; Calories 228; Carbohydrates: 16g; Total Fat 4g; Sugars 15g; Dietary Fiber 1g; Protein 30g

### Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 to 2 teaspoons sesame oil
- 1/2 cup soy sauce
- 1/4 cup water
- 1/4 cup rice vinegar
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 1 garlic clove, crushed
- 1 teaspoon crushed fresh ginger (or 1/4 teaspoon dried ground ginger)
- Sesame seeds to serve

### Equipment Needed:

- Large frying pan
- Garlic press
- Mixing bowl

Prep Time

10 min

Total Time

20 min

Servings

4



### Instructions:



1. Begin heating a large frying pan over high heat.



2. Meanwhile, pat the chicken breasts dry with paper towels.

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## Instructions Continued:



3. Cut chicken breasts into cubes.



4. Add sesame oil to the hot pan followed by the chicken.



5. Brown the chicken well on all sides. Remove from pan and set aside.



6. In a bowl, mix together soy sauce, water, rice vinegar, honey, brown sugar, garlic and ginger.



7. Pour sauce into the pan. Allow the sauce to come to a boil and cook for 1 to 2 minutes until it starts to thicken.



8. Add the chicken back to the pan. Cook for 4 to 5 more minutes until chicken is cooked and thoroughly coated in the sauce.



9. Remove from heat. Sprinkle sesame seeds over chicken and serve.



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