

# Teriyaki Chicken Rice Bowl


**20 min**

Total time

**easy**

Difficulty

**550**

kcal / serving

## Ingredients

- ☐ 1 chicken breast, diced
- ☐ 1 cup cooked rice
- ☐ 2 tablespoons teriyaki sauce
- ☐ 1/2 cup broccoli florets
- ☐ 1/4 cup sliced bell peppers
- ☐ 1/4 cup shredded carrots
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sesame seeds (optional)
- ☐ Green onions for garnish (optional)

Enjoy a delightful Teriyaki Chicken Rice Bowl, featuring tender chicken glazed in a sweet and savory teriyaki sauce, served over a bed of fluffy rice and topped with fresh vegetables. Perfect for a quick and satisfying meal!

## Steps

- 1 Heat the vegetable oil in a skillet over medium heat.
- 2 Add the diced chicken and cook until browned and cooked through, about 5-7 minutes.
- 3 Pour in the teriyaki sauce and stir to coat the chicken evenly, cooking for an additional 2-3 minutes.
- 4 In a separate pot, steam the broccoli florets until tender, about 4-5 minutes.
- 5 Assemble the bowl: place the cooked rice at the bottom, add the teriyaki chicken on top, and arrange the steamed broccoli, bell peppers, and shredded carrots around.
- 6 Sprinkle sesame seeds and chopped green onions on top for garnish if desired.