

Teriyaki Chicken Rice Bowl

A delicious and satisfying main dish that combines tender teriyaki chicken with fluffy rice and a medley of vegetables.



Main Dish

40 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast
- 1/4 cup teriyaki sauce
- 1 cup cooked rice
- 1/2 cup mixed vegetables (carrots, peas, corn)
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Steps

- 1 Marinate the chicken breast in teriyaki sauce for at least 30 minutes.
- 2 Heat the oil in a pan over medium heat.
- 3 Cook the chicken breast for about 6-8 minutes per side, until cooked through and golden brown. Season with salt and pepper.
- 4 Remove the chicken from the pan and let it rest for a few minutes before slicing.
- 5 In the same pan, add the mixed vegetables and cook until tender.
- 6 Serve the cooked rice in a bowl, top with sliced chicken and cooked vegetables.
- 7 Drizzle with additional teriyaki sauce if desired.
- 8 Enjoy!