



# Teriyaki Chicken

## MEAL PREP RECIPE

SERVES 4



### THE INGREDIENTS

- 3 Chicken Breast, cube
- Salt
- Pepper
- 1 teaspoon of crushed garlic
- 118mL cup of soy sauce
- 113mL cup of honey
- 1 1/2 tablespoon of sesame seed, more to garnish
- 1 onion, sliced
- 2 small bell peppers, thinly sliced
- 500g broccoli
- Carbs of your choice - white rice, brown rice, noodles



### TIME TO GET COOKING!

Step 1: In a pan, cook the cubed chicken over medium-high heat till it's done. Add salt & pepper to taste

Step 2: Reduce heat to medium and add the crushed garlic. Mix well.

Step 3: Add in the soya sauce, honey, and 1 tablespoon of sesame seeds. Stir till the sauce thickens.

*\*Psst, you can omit the sesame seeds if you're not a fan of them*

Step 4: Remove the chicken from the pan, leaving just the sauce. Add vegetables to the pan.

Step 5: Cover the pan for several minutes, and cook until the vegetables begin to soften. Remove the lid and stir until the sauce is thick again.

*\*Tip: To know when it's cooked, you should be able to cut through the vegetable with your spatula*

Step 6: Split the rice, vegetables, and chicken evenly between 4 containers. Top with a sprinkle of sesame seeds and any other garnish that you like. Refrigerate for up to 4 days.

enjoy!

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