

Chicken Tender Teriyaki Bowl

with Egg Fried Brown Rice and Sheet Pan Veggies

Serves 4-6

For chicken and teriyaki sauce:

- 👉 20 chicken tenders
- 👉 1 cup soy sauce
- 👉 3 tablespoons mirin
- 👉 4 tablespoons honey
- 👉 2 tablespoons sesame oil
- 👉 1-2 teaspoons chili garlic paste (option for heat, if desired)
- 👉 2-inch piece of fresh ginger, finely chopped
- 👉 4 cloves minced garlic
- 👉 3 teaspoons cornstarch
- 👉 black sesame seeds for garnish

For veggies:

- 👉 3 broccoli crowns, broken into florets
- 👉 12 mini baby bell peppers
- 👉 1 cup shredded carrots
- 👉 4 cups sliced shiitake mushrooms
- 👉 ½ of teriyaki sauce

For egg fried rice:

- 👉 3 cups steamed brown rice
- 👉 3 eggs, scrambled
- 👉 4-6 thinly sliced scallions, plus more for garnish
- 👉 1 cup snow peas
- 👉 1 tablespoon sesame oil

For chicken and veggies:

Preheat oven to 400. Mince ginger and garlic together and divide in equal amounts. In a small saucepan, combine half of ginger-garlic mixture (reserve remainder for fried rice) with soy sauce, mirin, honey, sesame oil and chili garlic paste. Bring to a simmer and stir in cornstarch and whisk to incorporate corn starch, continuing to simmer until sauce thickens and becomes thick and more syrupy. Toss chicken with about ¼ cup of marinade and place on a large parchment-lined baking sheet, spreading out chicken with ample space. Repeat this process with another ¼ cup of marinade for the veggies on a separate parchment-lined baking sheet. Place both sheet pans in the oven, tossing the chicken once and brushing it with a little extra marinade, if desired. Bake the chicken for about 15 minutes, turning once halfway through and vegetables for about 10 minutes, just until tender. Keep any remaining teriyaki sauce warm to use for assembling your bowl.

For rice:

While chicken and veggies are cooking, heat sesame oil in a wok or large saucepan. Add scallions and remaining ginger- garlic combination. Heat on medium heat, add snow peas, stir constantly for about 1 minute, add rice and a bit of additional oil if necessary, continuing to stir constantly until rice is heated and beginning to brown a bit. Stir in scrambled eggs and soy sauce to taste. Remove from heat.

Assemble bowls:

Place rice in one third of bowl, chicken tenders in the middle and a large portion of vegetables to fill the bowl. Drizzle extra teriyaki sauce on top if desired and sprinkle with black sesame seeds and scallions. Serve immediately and enjoy!

