Teriyaki Chicken Stir-Fry

Chicken strips and colorful vegetables in a homemade teriyaki sauce.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
15 min

Ingredients

1 1/2 lb boneless skinless chicken breasts, thinly sliced

2 tbsp neutral oil, divided

3 cups broccoli florets

1 red bell pepper, sliced

1 cup sliced carrots

1/3 cup low-sodium soy sauce

3 tbsp brown sugar

2 tbsp rice vinegar

2 garlic cloves, minced

2 tsp grated ginger

1/4 cup water

2 tsp cornstarch

3 cups cooked rice

Sesame seeds, optional

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How to Make It

1. Whisk soy sauce, sugar, vinegar, garlic, ginger, water and cornstarch.

2. Heat 1 tbsp oil in a large skillet over high heat. Stir-fry chicken in batches 4-5 minutes until cooked through and 165 F; transfer out.

3. Add remaining oil and vegetables. Stir-fry 4-5 minutes, adding a splash of water if needed.

4. Return chicken, whisk sauce again and pour in. Cook 1-2 minutes until bubbling and glossy.

5. Serve over rice with optional sesame seeds.

Jane's Note

Cook the chicken in batches so it browns before the sauce goes in.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.