

Teriyaki Chicken with Broccoli



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes
Cook Time: 25 minutes

Ingredients

For the Chicken and Marinade:

- 1-1/2 lb of Boneless Skinless Chicken Thighs, either cut into chunks or strips
- 2 Tbsp of Soy Sauce
- 1 tsp of Toasted Sesame Oil
- 2 Tsp of Grated Ginger
- 3 Cloves of Garlic, minced

For the sauce:

- 2 Tbsp of Soy Sauce
- 2 Tbsp of Water
- 2 Tbsp of Brown Sugar
- 1 Tbsp of Apple Cider Vinegar or Rice Vinegar

For the broccoli:

- 1-1/2 Lb of Broccoli Florets, boiled for 2 minutes and drained well
- 2 Tbsp of Oyster Sauce
- 2 Tbsp of Soy Sauce
- 1 tsp of Sesame Oil
- 2 tsp of Granulated Sugar
- 2 cloves of Garlic, minced
- 2 tsp of Grated Ginger
- 1-1/2 Tbsp of Water

1) In a resealable bag, add the chicken, soy, sesame oil, garlic and ginger, mix around to coat, seal the bag (get rid of any air in the bag) and pop it in the fridge for several hours or overnight.

2) Preheat a large skillet over medium high heat, add a drizzle of light olive oil or veg oil, add the chicken once its hot, sear until caramelized on both sides, meanwhile, in a small bowl, add all the ingredients for the sauce, pour over the chicken, reduce the heat to medium and cook until the sauce thickens (this will take about 5 minutes)

3) To make the broccoli, in a bowl, mix together the soy, oyster sauce, sugar, sesame oil, water, garlic and ginger, pour this mixture into a large skillet (same pan you cooked the chicken in) allow the sauce to bubble and thicken for a few minutes, then add the partially cooked broccoli and cook just for a couple more minutes. Enjoy!!

