

# Teriyaki Chicken and Vegetables



Tonight homemade teriyaki sauce cradles browned mushrooms, seared peppers, shredded cabbage, broccoli florets and chicken. The homemade teriyaki sauce has just a touch of Asian chili sauce to give it a cold weather kick.

Chick'n Strips (or equivalent product) work really well in this recipe, or you may use a chicken breast as a reliable option.

**Preparation time: 40 minutes - Servings 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

As always, prep and organize ingredients so they are easy to add. 1 lime is needed tonight. Prep a total of 3 cloves chopped garlic: 2 for the Teriyaki Sauce, 1 for the Teriyaki Chicken and Vegetables. You'll also perform two different onion preps: 1/4 C. chopped onion for the Teriyaki Sauce and 1 C. sliced onion for the Teriyaki Chicken and Vegetables.

### Brown Rice

1 C. brown rice  
2 -1/4 C. water  
1/4 C. milk  
mixed with  
1 tsp. coconut extract

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

1 tsp. olive oil  
22 pieces Morningstar Chik'n Strips  
1/4 C. white wine

#### Optional Chicken:

1 tsp. olive oil  
1 boneless, skinless chicken breast  
1/2 C. white wine  
salt and pepper to taste

### Teriyaki Sauce

2 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
1/4 C. yellow onion (finely-chopped)

1/3 C. low-sodium soy sauce  
1/2 tsp. Asian garlic pepper sauce  
1/2 C. low-sodium veggie broth  
1 C. orange juice  
3/4 C. firmly-packed brown sugar  
1/4 C. rice wine vinegar  
1/2 tsp. fresh grated ginger  
1 T. cornstarch  
dissolved in 1/2 C. water

juice from 1/2 of a lime

### Teriyaki Chicken and Vegetables

1 C. carrots (sliced diagonally)  
2 C. broccoli (chopped)  
3 tsp. canola oil  
1 C. yellow onion (thin-sliced)  
3/4 C. green bell Pepper (cut into 1" pieces)  
3/4 C. red bell pepper (cut into 1" pieces)  
2 C. Savoy or Napa cabbage (thin-sliced)  
1 clove garlic (smashed and chopped)  
1-1/4 C. teriyaki sauce  
Juice from 1/2 of a lime

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Begin by putting the rice on to cook. Measure rice, water, milk and coconut extract into a medium saucepan and bring to a boil. Reduce heat to medium-low, cover and cook 25 minutes. Making the teriyaki sauce next will allow it to mellow as you finish the rest of the meal.

### Teriyaki Sauce

1. Measure sesame oil, garlic and chopped onion into a deep saucepan. Sauté until onion begins to turn translucent.
2. Add remaining ingredients except cornstarch mixture and lime juice. Bring to a boil. Reduce heat to medium and cook, uncovered, for 5-minutes.
3. Thicken with cornstarch mixture and cook another 5-minutes over low heat. When liquid is thickened and has cooked 5 minutes, remove from heat and squeeze in lime juice.

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

Brown Chik'n Strips in olive oil. When browned, add white wine and toss until wine has cooked away. Remove from heat, let cool and slice strips in half lengthwise before adding to the stir-fry.

#### Optional Chicken:

Brown chicken breast in oil. Add white wine, reduce heat to medium-low and cook breast 5 minutes per side. Remove from heat, season with salt and pepper and let cool. When cool enough to handle, thin slice before adding to the stir-fry.

### Teriyaki Chicken and Vegetables

1. Bring 3/4 C. water to a boil in a steamer pan. Place carrots in top pan and steam for 1 minute. Add broccoli pieces and steam for 3-more minutes. Remove from heat and run vegetables under cold water.
2. Measure oil into deep sauté pan or wok and heat until oil shimmers. Add sliced onion and peppers. Toss over high heat until onions begin to brown. Add the sliced cabbage and toss until cabbage begins to brown. Add garlic and toss until garlic becomes fragrant. Add steamed carrots and broccoli to the pan and toss well.
3. Add 3/4 C. teriyaki sauce and plant-based choice or chicken to pan and toss until all is well coated. Drizzle an additional 1/4 C. sauce over each plate of teriyaki.
4. Serve 2 C. Teriyaki Chicken over 2/3 C. cooked rice.

\* Store leftoverteriyaki sauce in a container with a tight fitting lid in fridge.

### What I've Learned from this Recipe

Why is it necessary to cut the carrots diagonally? Diagonal cuts expose more surface area and cook faster. I think they also look more interesting.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)

