

# Teriyaki Chicken and Vegetables

Here's another great example of how favorite foods are born when two cultures assimilate. Teriyaki sauce got its start in Hawaii when the Japanese newcomers added pineapple juice and brown sugar to the local basting sauce.

This scrumptious homemade teriyaki sauce works great as a stir-fry sauce over any meat and vegetable combination.

**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. Prep a total of 3 cloves chopped garlic: 2 cloves for the Teriyaki Sauce and 1 clove for the Teriyaki and Vegetables. Prep a total of 1-1/4 C. onion: 1/4 C. chopped onion for the Teriyaki Sauce and 1 C. sliced onion for the Teriyaki and Vegetables. You'll use the juice from 1 whole lime.

### Brown Rice

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

### Teriyaki Sauce

2 tsp. canola 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

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

1 tsp. olive oil  
22 pieces Plant-based 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 Vegetables

1 C. carrots (sliced diagonally)  
2 C. broccoli (chopped)  
  
3 tsp. canola oil  
1 C. sweet 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. Make the teriyaki sauce next. It can mellow as you finish the rest of the meal.

### Teriyaki Sauce

1. Measure canola oil, garlic and 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, cover 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 Vegetables (with Chick'n Strips)

1. Bring 3/4 C. water to a boil in a steamer pan. Place carrots in top of pan, cover and steam for 3 minutes. Add broccoli pieces and steam for 3-more minutes. Remove from heat and run under cold water.
2. Measure oil into deep sauté pan or wok and heat until oil shimmers. Add 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 Chick'n (or chicken option) to pan and toss until all is well coated.
4. Serve 2 C. Teriyaki Chicken over 2/3 C. cooked rice. Measure an additional 1/4 C. teriyaki sauce over over each serving.

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

### What I've Learned from this Recipe

I steam the carrots and broccoli before adding to the stir-fry. It guarantees even cooking and helps both vegetables retain their bright color.

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