

Teriyaki Chicken and Vegetables

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

Use Morningstar Chick'n Strips (or equivalent product) or optional chicken breast with this meal.

Preparation time: 50 minutes - Serves: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!) You'll be prepping a total of 3 cloves chopped garlic: 1 in the teriyaki vegetables and 2 in the teriyaki sauce. Prep both sliced and chopped onions: 1 C. sliced in the teriyaki vegetables and 1/3 C. chopped in the teriyaki sauce.

Brown Rice

1 C. brown rice
plus
2 -1/4 C. water

Teriyaki Sauce

2 tsp. sesame oil
2 cloves garlic (smashed and chopped)
1/3 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 tsp. fresh ground ginger

1 T. cornstarch dissolved in 1/3 C. water
1/2 of a lime (juiced)

Start by
Cooking the Rice

Plant-based Choice or Chicken Option

Plant-based Choice

1 tsp. canola oil
20 Chick'n pieces (or equivalent product)
1/4 C. white wine

or

Chicken Option:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Teriyaki Vegetables

1 carrot (peeled, sliced into diagonal pieces)
2 C. broccoli (chopped)

1 tsp. canola oil
8 medium cremini mushrooms (sliced)

1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1 C. yellow onion (1/4" thick slices)
2/3 C. red bell pepper (cut into 1" squares)
2/3 C. green bell pepper (cut into 1" squares)
1 C. thin-sliced Savoy or Napa cabbage
1 tsp. low-sodium soy sauce
1/2 C. low-sodium vegetable broth

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Put the rice on to cook, bring to a boil, cover and turn burner to medium-low. Set a timer for 25 minutes.

If everything is prepped, it's time to begin.

Plant-based Chick'n

Brown 20 Chick'n strips in canola oil. When browned, add white wine and cover. Cook until wine disappears. Allow to cool and slice in half lengthwise before adding to sauce.

Plant-based Choice or Chicken Option

Chicken Option:

Brown chicken breast in oil and add 1/2 C. wine to pan. Cover and cook 5 minutes per side. Season with salt and pepper to taste. Allow to cool and slice before adding to sauce.

Teriyaki Sauce

1. Place oil, garlic and onion into a deep saucepan over medium-high heat.
2. Sauté until onion begins to turn translucent.
3. Add all remaining ingredients except cornstarch mixture and lime juice. Bring to a boil.
4. Reduce heat to medium and cook, uncovered, for 5 minutes.
5. Thicken with cornstarch/water mixture and cook another 5 minutes over low heat. When liquid is thickened, turn off heat and add lime juice.

Teriyaki Vegetables/Plate

1. Start by placing 3/4 C. water in the bottom of a steamer pan. Bring to a boil. Place carrots in top and steam 2 minutes. Add Broccoli and steam another 2 minutes. Remove from heat and douse with cold water.
2. Measure canola oil into deep sauté pan or wok and heat until oil shimmers. Brown mushrooms. Remove from pan and set aside.
3. Add sesame oil to the pan and toss garlic and onion slices until garlic begins to sizzle. Add peppers and cabbage and toss about 2 minutes. Add soy sauce and broth to pan and bring to a boil.
4. Add carrots, broccoli and mushrooms to the pan and add meat of choice. Toss another minute and add 3/4 C. teriyaki sauce. Toss to heat through and serve.

Serve 2 C. Teriyaki Chicken over 2/3 C. cooked rice on each plate. Drizzle each serving with another 1/4 C. Teriyaki sauce.

Refrigerate leftover teriyaki sauce in a jar with a tight-fitting lid.

What I've Learned from this Recipe

Why cut the carrots diagonally? Diagonal cuts expose more surface area and the carrots cook faster. (They also look nice.)

Let us know what you think, and ask any questions you may have! chezdon@plate6.com