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Teriyaki chicken and broccoli health bowls  
RECIPE

# Teriyaki chicken and broccoli health bowls



**COOK TIME** 10 mins  
**PREP TIME** 5 mins  
**SERVES** 4 x

Teriyaki Chicken and Broccoli Health Bowls

## INGREDIENTS

- 2 cups (125g) chopped chicken breast
- 1/2 Bottle (185g) MasterFoods Teriyaki Marinade
- 2 tbsp olive oil
- 2 cups (140g) broccoli
- 4 cups (500g) cooked rice
- MasterFoods Sesame Seeds to serve
- Lemon wedges to serve

## METHOD

1. Pan fry the chicken with the olive oil and the MasterFoods Teriyaki Marinade.
2. Steam the broccoli florets.
3. Heat the cooked rice in the microwave.
4. Serve the broccoli on the rice and with the Teriyaki Chicken.
5. Sprinkle the top with MasterFoods Sesame Seeds and add a wedge of lemon to serve.

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**Source URL:**

<https://www.masterfoods.com.au/recipes/teriyaki-chicken-and-broccoli-health-bowls>