

Teriyaki chicken and broccoli health bowls RECIPE

# Teriyaki chicken and broccoli health bowls



COOK TIME 10 mins PREP TIME 5 mins SERVES

4 x

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## **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

#### **RELATED PRODUCTS**



MasterFoods Teriyaki Marinade 375g

See details

### **METHOD**

1. 1.

Pan fry the chicken with the olive oil and the MasterFoods Teriyaki Marinade.

2. 2

Steam the broccoli florets.

3. 3.

Heat the cooked rice in the microwave.

4. 4.

Serve the broccoli on the rice and with the Teriyaki Chicken.

5. 5

Sprinkle the top with MasterFoods Sesame Seeds and add a wedge of lemon to serve.

#### **Source URL:**

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