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.

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