

# Chicken Teriyaki Recipe

by Admin

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### Chicken Teriyaki Recipe

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Teriyaki is Japanese cooking technique where meat or seafood is traditionally broiled or grilled in a sweet marinade. We're making a Chicken Teriyaki here we've simplified the process by cooking everything in a frying pan on the stovetop.

#### Ingredients

- 1 ½ pounds boneless skinless chicken thighs. You can use chicken breast, if you prefer.

#### *Teriyaki Sauce*

- 1/3 cup soy sauce
- 1/3 cup water
- ¼ cup sake
- ¼ cup mirin
- 3 tbsp sugar
- 1 tsp grated ginger

### *You will also need*

- 1 tablespoon vegetable oil
- 1 cup bean sprouts
- 2 tablespoons cornstarch
- 4 tablespoons water

This recipe makes approximately 6 servings.

### **Preparation**

Cut each chicken thigh into strips, making about 4 strips per thigh.

Mix the teriyaki sauce ingredients in a large bowl. Add the chicken pieces and marinate in your refrigerator for a few hours.



Heat oil in a large frying pan over medium heat. Carefully remove the chicken from the marinade and add it to the pan. Keep the marinade for later use.



Saute the chicken until it is browned on all sides.

Once the chicken is browned, add the marinade to the pan and bring to a simmer. Add the bean sprouts and simmer for about 3-4 minutes.



Meanwhile, mix the cornstarch with the water until smooth. Add the cornstarch mixture to the pan and stir continuously until thickened.

Serve with sticky rice.



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