

## Teriyaki Chicken Rice Bowl

**Serves:** 2

**Prep time:** 20 minutes

**Cook time:** 8-10 minutes



2 serves per portion

### Ingredients

1 small chicken breast, sliced into strips

½ tablespoon teriyaki sauce

1 teaspoon olive oil

250g microwave brown rice packet

¼ cucumber, diced

½ carrot, julienned

½ avocado, thinly sliced

1 spring onion, finely sliced

100g frozen edamame beans

Sesame seeds, to serve (optional)

### Dressing:

1 tablespoon light soy sauce

2 teaspoons rice vinegar

1 teaspoon honey

1 teaspoon sesame oil

### Method

ADD chicken and teriyaki sauce to bowl and marinade for 10 minutes.

MEANWHILE, chop all vegetables according to ingredients list and set aside for later.

HEAT oil in a frypan over medium heat. Add chicken once hot, and fry until cooked through. Set aside.

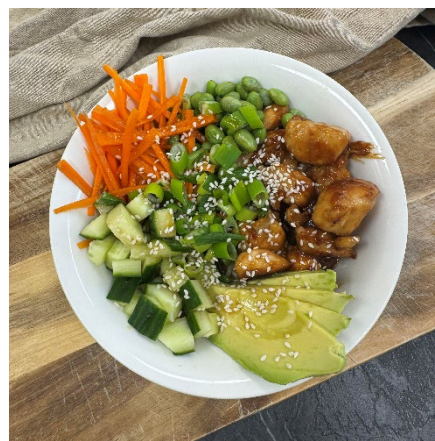
PREPARE rice according to packet directions and divide between two bowls.

PLACE edamame into microwave safe container with lid and fill with 2 cm of water. Microwave for 3 minutes from frozen then drain.

ARRANGE vegetables and chicken over the rice.

COMBINE dressing ingredients then pour over the top of each rice bowl.

SPRINKLE with sesame seeds and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*