Teriyaki Chicken with Broccoli



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes Cook Time: 25 minutes

Ingredients

For the	Chicken	and N	larinad	е
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- __1-1/2 lb of Boneless Skinless Chicken Thighs, either cut into chunks or strips
- __2 Tbsp of Soy Sauce
- __1 tsp of Toasted Sesame Oil
- __2 Tsp of Grated Ginger
- __3 Cloves of Garlic, minced

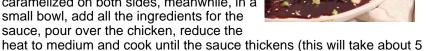
For the sauce:

- __2 Tbsp of Soy Sauce
- __2 Tbsp of Water
- __2 Tbsp of Brown Sugar
- __1 Tbsp of Apple Cider Vinegar or Rice Vinegar

For the broccoli:

- __1-1/2 Lb of Broccoli Florets, boiled for 2 minutes and drained well
 - _2 Tbsp of Oyster Sauce
- __2 Tbsp of Soy Sauce
- __1 tsp of Sesame Oil
- __2 tsp of Granulated Sugar
- 2 cloves of Garlic, minced
- __2 tsp of Grated Ginger
- __1-1/2 Tbsp of Water

- 1) In a resealable bag, add the chicken, soy, sesame oil, garlic and ginger, mix around to coat, seal the bag (get rid of any air in the bag) and pop it in the fridge for several hours or overnight.
- 2) Preheat a large skillet over medium high heat, add a drizzle of light olive oil or veg oil, add the chicken once its hot, sear until caramelized on both sides, meanwhile, in a small bowl, add all the ingredients for the sauce, pour over the chicken, reduce the



minutes)

3) To make the broccoli, in a bowl, mix together the soy, oyster sauce, sugar, sesame oil, water, garlic and ginger, pour this mixture into a large skillet (same pan you cooked the chicken in) allow the sauce to bubble and thicken for a few minutes, then add the partially cooked broccoli and cook just for a couple more minutes. Enjoy!!