



INGREDIENTS

- 8 oz Diced Chicken
- $\frac{3}{4}$ cup White Rice
- 6 oz Teriyaki Sauce
- 1 Garlic Clove
- 4 oz Broccoli

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Chicken Teriyaki With Broccoli

Savory teriyaki chicken with rice and roasted broccoli—simple and delicious.

SERVING
SIZE:
2

CALORIES/
SERVING:
340

PROTEIN/
SERVING:
37g

COMBINE

1. Combine rice with 1 cup water and cook in rice cooker or pot.

HEAT

1. In a pan over medium heat, add teriyaki sauce.

ADD

1. Once sauce is heated through add your cooked, diced chicken and heat until chicken has reached 165 degrees.

ADD

1. Toss your broccoli together with minced garlic, 1-2 Tbsp oil and salt and pepper to taste.

BAKE

1. Lay broccoli out in a single layer on baking sheet and roast in the oven at 375 for 5-10 minutes. (You can also choose to steam the broccoli on the stove top if preferred)

ENJOY

1. Season to taste with salt and pepper or other spices of your choice.
2. Enjoy

