



3 SERVINGS



30 MINUTES



230 CALS

Keep Dinner Interesting with This Tasty Teriyaki Chicken Recipe

MIGUEL PORTILLO

Ingredients

- 2 chicken breasts, cubed
- 1 small onion, sliced
- 1 green bell pepper, sliced
- 2 cloves garlic
- 1 tbsp brown sugar
- 1/2 tbsp honey
- 2 tbsp olive oil
- 5 tbsp soy sauce
- 4 tbsp water
- 1/2 tbsp all-purpose flour
- 1/2 tbsp sesame seeds
- 1 tsp salt

Instructions



PREP: 10M

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COOK: 20M

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READY IN: 30M

1. Add 1 tbsp of oil in a preheated frying pan and add the chicken. Let it cook for about 10 minutes. Remove from the frying pan and set aside.
2. In the same frying pan add the remaining oil along with the garlic and let it cook for 1 minute. Pour in the soy sauce, brown sugar and honey. Let it cook and stir until a smooth mixture is formed.
3. Mix the water with the flour and then pour it in the frying pan. This will help to keep thicken the mixture.
4. Place the chicken along with the salt, onion and bell pepper back in the pan. Stir until all the ingredients are well combined and cook for 10 more minutes.
5. Serve with sesame seeds on top.