

Teriyaki Chicken



Ingredients:

- 1.3 pounds skinless boneless chicken thighs, cut into 1 ½ piece
- 1 tablespoon cooking oil
- ¼ cup low-sodium soy sauce
- 3 tablespoons light brown sugar (or white granulated sugar)
- 3 tablespoons rice wine vinegar
- 2 tablespoons Mirin (optional-- white wine or dry sherry can be substituted)
- 1 tablespoon sesame oil (optional)
- 2 teaspoons minced garlic (2 garlic cloves)
- 4 cups broccoli florets, lightly steamed

Instructions:

1. Heat cooking oil in a large pan over medium heat
2. Stir fry chicken, stirring occasionally until lightly browned and crisp.
3. In a small jug or bowl whisk together the soy sauce, sugar, vinegar, rice wine vinegar, and sesame oil to combine. Set aside.
4. Add the garlic to the center of the pan and saute until lightly fragrant (about 30 seconds). Pour in the sauce and allow to cook, while stirring, until the sauce thickens into a beautiful shiny glaze (about 2-3 minutes).
5. Add in steamed broccoli and serve over steamed rice