

# TERIYAKI CHICKEN



## QUICK

12 mins prep time

## HEALTHY

Phytonutrients is a broad name for a variety of compounds produced by plants all with different benefits for the body. With 5 different vegetables in this dish you'll get a wide variety of benefits

## FAMILY

Feeds 5

## MEALS

Delicious served with wholemeal noodles or brown rice

## INGREDIENTS

- 8 skinned and boneless chicken thighs sliced into 'fingers'
- 2 small red onions
- 2 leeks (optional)
- 5 handfuls of vegetables of your choice:- Edamame /sugar snap peas/ pak choi / mange tout / pepper / spinach / greens / broccoli
- 2 cm fresh ginger
- 2 limes – zest and juice
- 3-4 tbs soy sauce
- 1 tbs sesame oil
- ½ chilli (optional)
- 2 tbs sesame seeds
- 100 ml water
- Oil for frying, Salt and pepper
- Spring onion – to sprinkle on top (optional)
- Wholemeal noodles to serve

## METHOD

- 1) Slice the onions, chicken thighs (and leeks if you're using)
- 2) Heat 1-2 tbs oil in a large frying pan
- 3) Sauté the onions and leeks and chicken till starting to brown
- 4) Whilst chicken is cooking, make the Teriyaki sauce
- 5) Teriyaki sauce - mince the ginger and put in a bowl with the soy, sesame oil, lime zest and juice, water, chilli and sesame seeds
- 6) If making noodles – cook them now
- 7) When the chicken is ready, add the water, teriyaki sauce and mix
- 8) Add the vegetables.
- 9) Cook till hot (you want the vegetables to be crunchy but hot – the more you cook them, the more nutrients get destroyed)
- 10) Serve sprinkled with a few more sesame seeds and spring onions (optional)



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)