

Teriyaki Chicken

Toasted sesame oil	- 2 tbsp
Skinless and boneless chicken thighs, sliced	- 6 no
Large garlic cloves, crushed	- 2
Ginger grated	- 1 inch
Runny honey	- 50g
Light soy sauce	- 30ml
Rice wine vinegar	- 1 tbsp
Sesame seeds, to serve	- 1 tbsp
Spring onions, shredded, to serve	- 4
Sticky rice, to serve	
Steamed bok choy or Spring greens, to serve	- 4

Method

- **STEP 1**

Heat the oil in a non-stick pan over a medium heat. Add the chicken and fry for 7 mins, or until golden. Add the garlic and ginger and fry for 2 mins. Stir in the honey, soy sauce, vinegar and 100ml water. Bring to the boil and cook for 2 – 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.

- **STEP 2**

Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and steamed veg.

<https://www.bbcgoodfood.com/recipes/easy-teriyaki-chicken>
<https://www.youtube.com/watch?v=kLvzBP2jk9k&t=33s>