

#LetsCook30

TERIYAKI VEGGIE BOWL

Servings: 4

Ready in about: 45 minutes

Teriyaki sauce:

1/4 cup	soy sauce
3/4 cup	water
2 tbsp	packed brown sugar
2 tbsp	honey
3 medium cloves	garlic, minced
1 tbsp	ginger, minced
1 tbsp	rice vinegar
1 tbsp	cornstarch

Nutrition Tips

To help increase the fibre and reduce the salt in this recipe, we used:

- Whole grain rice
- Reduced sodium soy sauce

Chicken, veggies and rice:

3 tbsp	olive oil, divided
3 medium	boneless skinless chicken breasts, bite size pieces (or 454g firm tofu – drained, pressed*)
1 medium	zucchini, sliced into half-moons and quartered
1 large	carrots, matchsticks
½ head	broccoli florets, small
1 ½ - 2 cups	brown rice, cooked
	sesame seeds (optional)

INSTRUCTIONS:

1. In a small saucepan, whisk together soy sauce, ½ cup water, brown sugar, honey, garlic, ginger and rice vinegar. If using tofu instead of chicken, marinate tofu in sauce for 15 minutes. Remove tofu and set aside.
2. Bring sauce mixture to a light boil over medium-high heat.
3. Whisk together cornstarch with remaining 1/4 cup water, add to sauce mixture in saucepan. Reduce heat and boil for 1 minute, stirring constantly. Remove from heat, set aside.
4. Heat 1 tbsp of olive oil in large frying pan over medium heat. Add chicken and sauté until no longer pink. If using tofu, sauté until browned. Remove from pan. Add 2 tbsp of teriyaki sauce and place to the side.
5. Heat remaining 2 tbsp oil in frying pan over medium heat. Add vegetables and sauté 4 minutes or until tender.
6. Layer into bowls. Drizzle teriyaki sauce over top, sprinkle with sesame seeds. Serve warm.

*Slice tofu into rectangles and place on paper towel. Cover with more paper towel and cookie sheet. Place weighted object on top and let sit for 30 minutes.

Adapted from: *Cooking Classy.com*, accessed 2019.

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York Region