



TERIYAKI CHICKEN AND BROCCOLI HEALTH BOWLS
RECIPE

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COOK TIME

10 mins

PREP TIME

5 mins

SERVES

4 x

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INGREDIENTS

- 2 cups (125g) chopped chicken breast
- 1/2 Bottle (185g) MasterFoods Teriyaki Marinade
- 2 tbsp olive oil
- 2 cups (140g) broccoli
- 4 cups (500g) cooked rice
- MasterFoods Sesame Seeds to serve
- Lemon wedges to serve

RELATED PRODUCTS



MASTERFOODS Marinade Teriyaki 375g Bottle

[See details](#)

METHOD

1. 1.
Pan fry the chicken with the olive oil and the MasterFoods Teriyaki Marinade.
2. 2.
Steam the broccoli florets.
3. 3.
Heat the cooked rice in the microwave.
4. 4.
Serve the broccoli on the rice and with the Teriyaki Chicken.
5. 5.
Sprinkle the top with MasterFoods Sesame Seeds and add a wedge of lemon to serve.

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