

Quick Hibachi Chicken Skillet with Veggies and Rice

? Hibachi Chicken & Rice Skillet Meal



TIME
8 min

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INGREDIENTS

2 boneless, skinless chicken breasts, cut into cubes
2 tablespoons olive oil, divided
1 cup cooked white or brown rice
1 medium onion, chopped
1 medium zucchini, sliced
1 red bell pepper, sliced
2 cloves garlic, minced
2 tablespoons soy sauce
1 tablespoon sesame oil
1 tablespoon honey
1 tablespoon rice vinegar
1 teaspoon ground ginger
1 teaspoon garlic powder
¼ teaspoon salt
... teaspoon black pepper

1 tablespoon sesame seeds (optional, for garnish)
Green onions, sliced (for garnish)

? Swaps & Notes:

Protein: Try shrimp, thinly sliced steak, or tofu instead of chicken.

Rice: Use leftover fried rice, jasmine, or even cauliflower rice for a low-carb version.

Veggies: Mushrooms, snap peas, carrots, or broccoli all work great.

Heat: Add sriracha or crushed red pepper flakes for

a spicy kick.

Low-sodium option: Use low-sodium soy sauce or coconut aminos.

??? How to Make It:

? Tips for Success:

Use cold rice: Leftover rice works best because it fries up beautifully without getting mushy.

Cut everything evenly: Uniform veggie and chicken sizes cook more evenly and look great on the plate.

Cook in batches if needed: Don't overcrowd the pan or your ingredients will steam, not sear.

? Serving Suggestions & Pairings:

Drink Pairing: Try this refreshing Blueberry Lemonade for a bright, cool contrast.

Appetizer: A quick bowl of miso soup or an edamame starter pairs perfectly.

Side Dish Alternative: Serve with stir-fried noodles or a crisp Asian cucumber salad.

? Storage & Leftovers:

Fridge: Store in an airtight container for up to 4 days.

Reheat: Warm in a skillet or microwave with a splash of water or soy sauce.

DIRECTIONS

1. 1 Cook the Chicken: In a large skillet over medium-high heat, add 1 tablespoon olive oil. Toss in the cubed chicken and season with salt, pepper, and garlic powder. Cook until browned and fully cooked, about 6-8 minutes. Remove chicken and set aside.
2. 2 Sauté the Vegetables: In the same skillet, add the remaining tablespoon of olive oil. Sauté onion, zucchini, and bell pepper for 4-5 minutes until tender. Add minced garlic and cook another minute until fragrant.
3. 3 Combine Everything: Add the cooked rice to the skillet along with soy sauce, sesame oil, honey, rice vinegar, and ground ginger. Return the chicken to the pan and stir everything together. Cook for another 2-3 minutes until hot and flavorful.
4. 4 Serve & Garnish: Top with sesame seeds and sliced green onions. Serve hot and enjoy your at-home hibachi night!
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7. Cook in batches if needed: Don't overcrowd the pan or your ingredients will steam, not sear.
8. ? Serving Suggestions & Pairings: Round out your meal with a fresh, fruity drink or an extra side!
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11. Side : Dish Alternative: Serve with stir-fried noodles or a crisp Asian cucumber salad.
12. ? Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
13. Reheat: Warm in a skillet or microwave with a splash of water or soy sauce.
14. Freeze: Portion into freezer-safe containers for up to 2 months. Thaw overnight before reheating.
15. ? More Recipes You'll Love: If you like this quick and satisfying skillet meal, you'll love these too:
16. These : Chicken Enchiladas - melty, savory, and always a crowd favorite
17. This : Dorito Casserole - bold and cheesy comfort food in one dish
18. This : Cajun Chicken & Sausage Gumbo - for when you want something a little spicier and Southern-inspired
19. These : Sheet Pan Quesadillas - the easiest way to serve a group
20. This : Blueberry Lemonade - perfect pairing with the savory skillet meal
21. ? Final Thoughts: This Hibachi Chicken & Rice Skillet is everything you want in a fast, filling, and flavorful dinner. Whether you're meal-prepping for the week or feeding a hungry crew on a busy night, this one-pan wonder delivers every time.
22. If you try it, drop a comment and let me know how it turned out-or how you made it your own! And don't forget to follow for more easy, crave-worthy recipes from your kitchen to the table.

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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