

How to Make a Teriyaki Chicken Avocado Rice Stack at Home

Teriyaki Chicken Avocado Rice Stack: A Stunning, Savory Layered Dish



TIME
5 min

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INGREDIENTS

2 boneless, skinless chicken breasts
... cup teriyaki sauce (store-bought or homemade)
2 cups cooked sushi rice (or any short-grain rice)
1 ripe avocado, thinly sliced
2 tbsp soy sauce
1 tbsp rice vinegar
1 tsp sesame oil
1 tbsp sesame seeds (optional)
2 green onions, thinly sliced (for garnish)
Nori sheets, cut into thin strips (optional)
... cup soy sauce
... cup mirin
2 tbsp brown sugar
1 tsp cornstarch mixed with 1 tbsp water (for thickening)

Ingredient Notes & Swaps:

Chicken: Substitute grilled tofu or seared tempeh for a vegetarian version.

Rice: Sushi rice is ideal for its stickiness, but jasmine or short-grain brown rice works too.

Teriyaki sauce: Use store-bought for convenience or make your own for a fresher flavor profile.

Step-by-Step Instructions:

Make the Teriyaki Sauce (if homemade): Combine soy sauce, mirin, and brown sugar in a small saucepan.

Bring to a boil, reduce heat, and simmer for 5 minutes.

To thicken, stir in the cornstarch slurry and simmer 1 more minute. Cool and set aside.

Marinate the Chicken: Place chicken breasts in a shallow dish or zip-top bag.

Add ... cup of teriyaki sauce and marinate for 20 minutes to 2 hours.

Cook the Chicken: Heat a skillet over medium heat.

Cook the marinated chicken for 6-8 minutes per side, until fully cooked.

Remove from heat and slice thinly.

Season the Rice: In a bowl, mix cooked sushi rice with soy sauce, rice vinegar, and sesame oil.

Assemble the Stack: Use a round food ring mold or small bowl as a guide.

Add a layer of seasoned rice, then sliced avocado, then sliced teriyaki chicken.

Press lightly to form a clean stack, then remove the mold.

Garnish: Sprinkle with sesame seeds, sliced green onions, and nori strips if using.

Drizzle with extra teriyaki sauce just before serving.

Tips for Success:

Use a mold: A food ring mold gives that picture-perfect stack, but a ramekin flipped upside down also works.

DIRECTIONS

1. Make the : Teriyaki Sauce (if homemade): Combine soy sauce, mirin, and brown sugar in a small saucepan.
2. Bring to a boil, reduce heat, and simmer for 5 minutes.
3. To thicken, stir in the cornstarch slurry and simmer 1 more minute. Cool and set aside.
4. Marinate the : Chicken: Place chicken breasts in a shallow dish or zip-top bag.
5. Add ... cup of teriyaki sauce and marinate for 20 minutes to 2 hours.
6. Cook the : Chicken: Heat a skillet over medium heat.
7. Cook the marinated chicken for 6-8 minutes per side, until fully cooked.
8. Remove from heat and slice thinly.
9. Season the : Rice: In a bowl, mix cooked sushi rice with soy sauce, rice vinegar, and sesame oil.
10. Assemble the : Stack: Use a round food ring mold or small bowl as a guide.
11. Add a layer of seasoned rice, then sliced avocado, then sliced teriyaki chicken.
12. Press lightly to form a clean stack, then remove the mold.
13. Garnish: Sprinkle with sesame seeds, sliced green onions, and nori strips if using.
14. Drizzle with extra teriyaki sauce just before serving.
15. Tips for Success: Use a mold: A food ring mold gives that picture-perfect stack, but a ramekin flipped upside down also works.
16. Slice avocado last: To prevent browning, slice avocado just before assembling.

17. Chill components: For a cooler sushi-style stack, chill the rice and chicken slightly before layering.
18. Serving Suggestions and Pairings: This stack is perfect as a light main dish or elegant lunch. Pair it with:
 19. A Light, : Tangy Chicken Salad for a picnic-style meal
 20. Blueberry : Lemonade for a refreshing drink pairing
 21. The : Slippery Drank if you're in the mood for something sweet and sippable
 22. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies for a snackable dessert
 23. One-: Pan Breakfast Bake if you're serving a fun brunch spread
 24. Storage Tips: Fridge: Store ingredients separately and assemble just before serving for best texture.
 25. Avocado browns fast: If making ahead, brush avocado with lemon juice and wrap tightly.

SWAPS & NOTES

& Swaps Chicken: Substitute grilled tofu or seared tempeh for a vegetarian version.

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