

One Pan Teriyaki Chicken and Veggies That'll Save Your Weeknight

When it comes to low-effort, high-reward dinners, few meals beat the simplicity of a



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 3 chicken breasts, cubed
- 1 large onion, diced
- 2 bell peppers, diced (any color)
- 1-2 cups broccoli florets
- 1 cup mushrooms, halved
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- Salt & pepper, to taste
- 4 tablespoons butter, cut into small pieces
- G Hughes Sugar-Free Teriyaki Sauce, for marinating and baking

DIRECTIONS

- 1.** Marinate the Chicken: Cube the chicken breasts and place them in a bowl or zip-top bag with G Hughes Teriyaki Sauce. Let it marinate for 1-2 hours in the fridge.
- 2.** Preheat and Prep: Preheat your oven to 400°F (200°C). Lightly grease or line a large baking dish or sheet pan.
- 3.** Combine Ingredients: In a large mixing bowl, toss together the marinated chicken, onions, bell peppers, broccoli, and mushrooms. Add more teriyaki sauce to taste-just enough to lightly coat everything.
- 4.** Season & Layer: Stir in the minced garlic, ginger, and season with salt and pepper to your preference.
- 5.** Assemble in Pan: Transfer everything to your prepared baking dish. Distribute butter pieces over the top to melt during baking.
- 6.** Bake: Bake uncovered for 25-30 minutes, or until the chicken is cooked through and the veggies are slightly caramelized around the edges. Stir halfway through for even cooking.

TIPS FOR SUCCESS

Use pre-cut veggies to save even more prep time Swap the chicken for shrimp or tofu if desired Craving heat?

Add a drizzle of sriracha or sprinkle red pepper flakes Make it a meal by serving over cauliflower rice or shirataki noodles Perfect Pairings Looking to round out your meal or serve something complementary?

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

Original recipe: <https://chefmaniac.com/one-pan-teriyaki-chicken-and-veggies-thatll-save-your-weeknight/>