

Easy 20-Minute Chicken Teriyaki Rice Bowls

The Easiest Teriyaki Sauce Ever:



TIME
20 min

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INGREDIENTS

4 chicken breasts, cooked and sliced (about 2 cups)
2 cups cooked rice
... cup soy sauce (or low-sodium soy sauce)
2 tbsp honey
1 tbsp sesame oil
%o cucumber, sliced
1 avocado, sliced
Sesame seeds, for garnish

Swaps and Notes:

The Chicken: The recipe is a perfect use for leftover cooked chicken. A shredded rotisserie chicken is the ultimate time-saving hack here. If you're cooking from scratch, thinly sliced chicken breasts or thighs seasoned with salt and pepper will cook up in a skillet in less than 10 minutes. This bowl is also fantastic with grilled salmon, sautéed shrimp, or pan-fried tofu for a vegetarian option.

The Rice: I typically use short-grain white rice, but brown rice, quinoa, or even cauliflower rice for a low-carb option work wonderfully.

The Sauce: To take this simple sauce to the next level, add 1 minced garlic clove and 1 teaspoon of freshly grated ginger. It makes a huge difference! For a gluten-free version, use tamari or coconut aminos instead of soy sauce. If you like a thicker sauce, whisk the ingredients in a small saucepan with a teaspoon of cornstarch and heat for a few minutes until it thickens.

The Veggies: Don't stop at cucumber and avocado!

This bowl is a great way to clean out the crisper drawer. Add in some steamed broccoli florets, shelled edamame, shredded carrots, thinly sliced bell peppers, or sautéed mushrooms for more color, crunch, and nutrition.

How to Make Chicken Teriyaki Rice Bowls:

Make the Teriyaki Sauce: In a small bowl, whisk together the soy sauce, honey, and sesame oil until the honey is fully dissolved. If you're adding them, stir in the minced garlic and grated ginger.

Prepare the Chicken: If you haven't already, cook and slice your chicken. For the best flavor, toss the warm, sliced chicken with about half of the teriyaki sauce in a bowl and let it marinate while you prepare everything else.

Assemble the Bowls: This is the fun part! Start by dividing the warm rice among four bowls.

Add Toppings and Serve: Artfully arrange the saucy chicken slices, fresh cucumber, and creamy avocado over the rice. Drizzle the remaining teriyaki sauce over the top of everything. Garnish generously with sesame seeds and serve immediately.

Tips for Success:

Use Warm Rice: A base of warm rice makes the bowl feel much more comforting and helps the flavors meld together.

Don't Dress It Too Soon: If you're meal prepping, store the rice, chicken, sauce, and veggies in separate containers. Assemble the bowl just before serving to ensure the cucumber stays crisp and the avocado is fresh.

Toast Your Sesame Seeds: For an extra pop of nutty flavor, toast your sesame seeds in a dry skillet over medium heat for 2-3 minutes until they are fragrant and lightly golden.

Slice Avocado Last: To prevent browning, slice your avocado right before you assemble the bowls. A little squeeze of lime juice can also help keep it green.

More Easy Dinner Recipes You Will Love:

This Mexican Chicken and Rice Casserole: For another amazing chicken and rice combo, this cheesy one-pan casserole is a guaranteed hit.

These Chicken Enchiladas Are My Go-To: When you're craving cozy comfort food, these enchiladas are the answer.

A Light, Tangy Chicken Salad I Actually Crave:

Another fantastic way to use up leftover cooked chicken in a fresh and healthy way.

These Sheet Pan Quesadillas Are My Favorite Way to

Feed a Crowd Fast: Need dinner on the table in record time? These sheet pan quesadillas are a game-changer.

Easy Cheesy Chicken Sliders: Perfect for a fun Friday night dinner or party food that couldn't be

simpler.

Final Thoughts:

DIRECTIONS

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9. **More Easy Dinner Recipes You Will Love:** If you're a fan of quick, delicious dinners that the whole family will love, here are a few other must-try recipes:

10. This : Mexican Chicken and Rice Casserole: For another amazing chicken and rice combo, this cheesy one-pan casserole is a guaranteed hit.
11. These : Chicken Enchiladas Are My Go-To: When you're craving cozy comfort food, these enchiladas are the answer.
12. A Light, : Tangy Chicken Salad I Actually Crave: Another fantastic way to use up leftover cooked chicken in a fresh and healthy way.
13. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast: Need dinner on the table in record time? These sheet pan quesadillas are a game-changer.
14. Easy : Cheesy Chicken Sliders: Perfect for a fun Friday night dinner or party food that couldn't be simpler.
15. Final Thoughts: This Chicken Teriyaki Rice Bowl is proof that you don't need a lot of time or a long list of ingredients to create a meal that's vibrant, delicious, and satisfying. It's a recipe that's on heavy rotation in my home, and I'm confident it will be in yours, too.
16. Give it a try and make it your own! What other veggies or toppings would you add? Let me know in the comments below. And don't forget to follow ChefManiac on social media for more easy recipes that make life taste better.

SWAPS & NOTES

Best of all, it comes together in about 20 minutes, making it faster than ordering takeout and so much more satisfying.

Why I Love This Recipe Unbelievably Fast: This is the definition of a quick meal.

If you have leftover rice and chicken, it's a 10-minute assembly job.

Even starting from scratch, it's ready in about 20 minutes.

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