

## Keto-Friendly Teriyaki Chicken Bake: A Simple, Healthy Weeknight Meal

Low-Carb Teriyaki Chicken & Veggies One Pan Meal



OVEN  
400°F

TIME  
45 min

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Recipe Card

SAVE  
PDF

### INGREDIENTS

- 3 Chicken Breasts: Cubed into bite-sized, even pieces for uniform cooking.
- G Hughes Teriyaki Sauce: A sugar-free staple that provides that classic sticky-sweet flavor without the glucose spike.
- 1 Large Onion: Diced into large chunks to withstand the roasting time.
- 2 Bell Peppers: Diced large (mix red and green for the best visual appeal!).
- Fresh Broccoli Florets: These soak up the sauce beautifully.
- Mushrooms: Halved (cremini or white button mushrooms work best).
- 2 tbsp Garlic: Minced fresh for the best aromatic punch.
- 2 tbsp Fresh Ginger: Minced (this adds a bright, spicy heat that bottled sauces often lack).
- 4 tbsp Butter: Cut into small pieces to dot over the top.
- Salt & Pepper: To taste.

### DIRECTIONS

- 1. Marinate the Chicken:** Place your cubed chicken breast in a bowl or gallon-sized bag. Pour in enough G Hughes Teriyaki Sauce to coat thoroughly. Let this sit in the refrigerator for 1-2 hours. This step is crucial for ensuring the chicken remains tender and flavorful.
- 2. Prep the Oven:** Preheat your oven to 400°F.
- 3. Combine:** In a large baking dish, toss your marinated chicken together with the diced onions, peppers, broccoli, and mushrooms.
- 4. Season:** Add an additional splash of marinade (use your judgment based on how "saucy" you like your meals). Stir in the minced ginger and garlic, then season with salt and pepper.
- 5. The Butter Secret:** Evenly distribute the butter pieces over the top of the mixture. As it bakes, the butter melts into the teriyaki sauce, creating a rich, velvety glaze.
- 6. Bake:** Place in the oven and bake for 45 minutes to one hour. The chicken should be cooked through, and the vegetables should be tender with slightly charred edges.
- 7. Serve:** Give everything a final toss in the dish to redistribute the juices before serving.

### SWAPS & NOTES

The Protein: While chicken breast is lean and classic, you can easily swap in chicken thighs for a juicier, higher-fat keto option.

The Veggies: This recipe is a great "fridge clearer." Feel free to add snap peas, zucchini, or cauliflower.

If you prefer a different style of one-pan prep, you might also enjoy these sheet pan quesadillas.

The Sauce: If you can't find G Hughes, look for any "No Sugar

Added" teriyaki or use a mix of liquid aminos, sesame oil, and erythritol.

## TIPS FOR SUCCESS

**Even Cutting:** Try to cut your chicken and vegetables into similar sizes.

This ensures that the broccoli doesn't turn to mush before the chicken is safely cooked.

**Don't Overcrowd:** If your baking dish is too small, the vegetables will steam rather than roast.

Use a large enough dish to allow some air circulation.

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

Original recipe: <https://chefmaniac.com/keto-friendly-teriyaki-chicken-bake-a-simple-healthy-weeknight-meal/>