

## Easy Teriyaki Chicken Stir-Fry with Jasmine Rice

Ultimate Teriyaki Chicken with Mushrooms, Asparagus and Rice



**TIME**  
**45 min**

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**ChefManiac**

### INGREDIENTS

For the Chicken Stir-Fry:

500 g chicken breast, cubed

2 tablespoons vegetable oil

200 g mushrooms, sliced

1 red bell pepper, sliced

3 garlic cloves, minced

3 tablespoons soy sauce

2 tablespoons teriyaki sauce

1 tablespoon honey

1 teaspoon cornstarch

2 tablespoons water

For the Asparagus:

300 g green asparagus

1 tablespoon olive oil

Pinch of salt and black pepper

For the Rice:

250 g jasmine rice

500 ml water

Pinch of salt

### DIRECTIONS

1. Cook the Rice: Rinse jasmine rice under cold water. Combine rice, water, and salt in a saucepan.
2. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes until water is absorbed. Remove from heat and let sit covered for 5 minutes, then fluff with a fork.
3. Cook the Chicken: Heat vegetable oil in a large wok or skillet over medium-high heat.
4. Add cubed chicken and cook for 6-8 minutes until golden and cooked through.
5. Add the Vegetables: Stir in garlic, mushrooms, and red bell pepper. Cook for 4-5 minutes until tender.
6. Make the Sauce: In a small bowl, whisk soy sauce, teriyaki sauce, honey, cornstarch, and water until smooth.
7. Pour into the pan and cook for 2-3 minutes, stirring, until the sauce thickens and coats the chicken.
8. Sautø the Asparagus: In a separate pan, heat olive oil over medium heat.
9. Add asparagus, season with salt and pepper, and sautø for 4-6 minutes until tender-crisp.
10. Serve: Plate the fluffy rice, top with teriyaki chicken and vegetables, and serve asparagus on the side.

### SWAPS & NOTES

Chicken thighs add extra juiciness and flavor.

Add fresh grated ginger for a deeper savory note.

Brown rice can replace jasmine rice for a nuttier texture.

Add a sprinkle of sesame seeds or green onions for garnish.

## TIPS FOR SUCCESS

Use high heat for a proper stir-fry texture.

Don't overcrowd the pan - cook chicken in batches if necessary.

Add the sauce at the end to prevent over-reduction.

Let the sauce simmer just until thickened for the perfect glossy finish.

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

Original recipe: <https://chefmaniac.com/easy-teriyaki-chicken-stir-fry-with-jasmine-rice/>