

Quick Teriyaki Chicken Rice Bowl (Better Than Takeout)

Teriyaki Chicken Rice Bowl with Broccoli and Carrots

TIME
35 min

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INGREDIENTS

Chicken and Teriyaki Sauce:

2 chicken breasts, cubed
1 tablespoon olive oil
2 tablespoons soy sauce
1 tablespoon honey
1 tablespoon rice vinegar
1 teaspoon sesame oil
1 clove garlic, minced
1 teaspoon cornstarch
2 tablespoons water

Bowl Components:

1 cup cooked white rice
1 cup broccoli florets
1/2 cup corn kernels
1 large carrot, julienned

Garnish:

Sesame seeds
Chopped green onions

DIRECTIONS

1. Cook the vegetables: Steam or microwave the broccoli florets and julienned carrots until tender-crisp. Set aside.
2. Cook the chicken: Heat olive oil in a skillet over medium heat. Add the cubed chicken and cook until browned and fully cooked through.
3. Prepare the teriyaki sauce: In a small bowl, whisk together soy sauce, honey, rice vinegar, sesame oil, minced garlic, cornstarch, and water.
4. Add the sauce: Pour the sauce into the skillet with the chicken and cook while stirring until the sauce thickens and coats the chicken.
5. Assemble the bowls: Divide the cooked rice between serving bowls. Top with broccoli, corn, carrots, and the teriyaki chicken.
6. Garnish and serve: Sprinkle sesame seeds and chopped green onions on top before serving.

SWAPS & NOTES

This dish is very flexible and easy to customize.

Chicken options Chicken thighs can be used instead of breasts for extra juiciness.

Rice alternatives Brown rice, jasmine rice, or even quinoa work well as the base.

Vegetable variations Snap peas, bell peppers, zucchini, or edamame can easily replace or complement the vegetables in this bowl.

TIPS FOR SUCCESS

Cut the chicken evenly Uniform pieces cook faster and more evenly.

Don't overcook the vegetables Keeping them slightly crisp adds better texture to the bowl.

Let the sauce thicken fully Cornstarch helps create that classic glossy teriyaki coating.

Use freshly cooked rice Warm rice absorbs the sauce beautifully.

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