

## Easy Teriyaki Chicken Power Stir-Fry with Garden Vegetables

Glossy Teriyaki Chicken Power Stir-Fry with Vibrant Garden Vegetables and Nutty Wild Rice



**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

- 1 cup wild rice blend
- 2 1/2 cups chicken broth or water
- 1/2 teaspoon salt
- 1 1/2 pounds boneless, skinless chicken breasts or thighs, cut into bite-sized pieces
- 2 tablespoons olive oil or neutral cooking oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 cups broccoli florets
- 1 cup snap peas
- 1 large carrot, thinly sliced
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 1/2 cup low-sodium soy sauce
- 1/4 cup honey or brown sugar
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1/3 cup water
- Sliced green onions
- Sesame seeds

### DIRECTIONS

1. Cook the wild rice. In a medium saucepan, combine the wild rice, broth or water, and salt. Bring to a boil, then reduce to a simmer, cover, and cook according to package directions until tender. Fluff and set aside.
2. Mix the sauce. In a small bowl, whisk together the soy sauce, honey, rice vinegar, sesame oil, cornstarch, and water until smooth. Set aside.
3. Cook the chicken. Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Add the chicken pieces and cook until browned and cooked through, about 5 to 7 minutes. Remove from the skillet and set aside.
4. Stir-fry the vegetables. Add the remaining tablespoon of oil to the skillet. Toss in the bell peppers, broccoli, snap peas, and carrots. Stir-fry for 4 to 5 minutes until the vegetables are tender-crisp.
5. Add aromatics. Stir in the garlic and ginger and cook for about 30 seconds, just until fragrant.
6. Bring it together. Return the chicken to the skillet. Pour in the teriyaki sauce and toss everything together. Cook for another 2 to 3 minutes until the sauce thickens and turns glossy.
7. Serve. Spoon the wild rice into bowls and top with the teriyaki chicken and vegetables. Garnish with green onions and sesame seeds.

### SWAPS & NOTES

Chicken choice: Chicken thighs stay extra juicy, but breasts work well if you want a leaner option.

Rice swap: If you do not have wild rice, brown rice or jasmine rice can step in, though wild rice adds a great nutty texture.

Vegetable flexibility: Use what you have.

Zucchini, mushrooms, baby corn, or shredded cabbage all fit nicely.

### TIPS FOR SUCCESS

The key to a great stir-fry is to keep the heat fairly high and avoid overcrowding the pan.

If the skillet gets too full, the ingredients steam instead of sear, and you lose that delicious texture.

Prep everything before you start cooking.

Stir-fry recipes move fast, so it helps to have the vegetables sliced, the sauce mixed, and the rice already cooked or nearly done.

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

Original recipe: <https://chefmaniac.com/easy-teriyaki-chicken-power-stir-fry-with-garden-vegetables/>