



# Teriyaki Chicken Bowls

Recipe by School Food Matters



Serves 8



20 minutes

## INGREDIENTS

- 1 ½ cups jasmine rice (uncooked)
- 1 cup quinoa (uncooked)
- ½ small red cabbage, finely shredded
- 3 carrots, peeled and grated
- 1 cup snow peas, sliced on the diagonal
- 2 cups bean shoots
- ½ cup teriyaki marinade
- 2 large chicken breasts
- 2 teaspoons sesame oil
- A pinch of coriander, to serve

## NOTES

If needed, replace vegetables with whatever is in-season and available to you. For example try wombok (chinese cabbage), green cabbage, spinach, capsicum or cucumber.

## DIRECTIONS

1. Slice the chicken breast horizontally, and then into 4 pieces. Place in a bowl and stir through the teriyaki marinade.
2. Rinse the rice and quinoa well in a colander and cook according to packet instructions.
3. Put a frypan over medium heat and add the sesame oil. Place the chicken into the frypan and cook for a few minutes on one side. Turn chicken over and continue to cook until cooked through. Remove from the heat and cut into thick slices.
4. To serve, divide the rice and quinoa, chicken slices and salad ingredients between 8 bowls. Top with a few coriander leaves.



## Afternoons

with Joel Rheinberger  
on 936AM and the ABC listen app

