

**Title:** Spicy Chicken Teriyaki Bowls

**Chef:** Adam

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## Ingredients

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| <input type="checkbox"/> 1 lb boneless skinless chicken thighs, cut bite-size | <input type="checkbox"/> 1 cup low-sodium soy sauce                          |
| <input type="checkbox"/> 3/4 cup granulated sugar                             | <input type="checkbox"/> 1/4 cup light brown sugar                           |
| <input type="checkbox"/> 4 garlic cloves, minced                              | <input type="checkbox"/> 1 Tbsp grated ginger                                |
| <input type="checkbox"/> 1/2 tsp black pepper                                 | <input type="checkbox"/> 1 tsp cayenne pepper                                |
| <input type="checkbox"/> 1 Tbsp cornstarch                                    | <input type="checkbox"/> Water (for slurry, ~1 Tbsp)                         |
| <input type="checkbox"/> 2 Tbsp extra-virgin olive oil (chicken)              | <input type="checkbox"/> 2 Tbsp extra-virgin olive oil (broccolini)          |
| <input type="checkbox"/> 1 lb broccolini, cut into 2" pieces                  | <input type="checkbox"/> 1 garlic clove, minced                              |
| <input type="checkbox"/> 2 tsp sesame oil                                     | <input type="checkbox"/> Kosher salt   |
| <input type="checkbox"/> Steamed basmati or jasmine rice                      | <input type="checkbox"/> Green onions, sesame seeds, red pepper flakes (opt) |
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## Steps

1. Whisk soy sauce, granulated sugar, brown sugar, 4 minced garlic cloves, ginger, black pepper, and cayenne.
  2. Put chicken in a shallow dish and pour half the sauce over it; cover and set aside.
  3. Pour remaining sauce into a saucepan; simmer about 10 minutes.
  4. Whisk cornstarch with ~1 Tbsp water; stir into simmering sauce.
  5. Simmer until thick enough to coat the back of a spoon; remove from heat.
  6. Toss broccolini with 2 Tbsp olive oil and 1 minced garlic clove.
  7. Heat a heavy skillet over medium-high; cook broccolini until charred and tender (about 3–4 min per side). Remove and set aside.
  8. Return skillet to heat; add 2 Tbsp olive oil.
  9. Drain chicken and pat dry, then add to skillet.
  10. Cook chicken until golden and no longer pink (about 6–8 minutes).
  11. Remove from heat and brush chicken all over with thickened teriyaki sauce.
  12. Divide rice into bowls; top with broccolini and chicken.
  13. Garnish with green onions, toasted sesame seeds, and red pepper flakes (optional).
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## Notes

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