

## **Teriyaki Chicken Bowl** *Chef Maria Rodriguez*

**Yield:** 100 portions

### **COMPONENTS:**

#### **Chicken (Protein)**

- Prep Time: 15 min
- Cook Time: 25 min @ 375°F
- Method: Dice, marinate, bake

Ingredients per portion:

- Chicken breast, diced: 120g
- Teriyaki marinade: 30g
- Sesame oil: 2g

#### **Jasmine Rice (Starch)**

- Prep Time: 5 min
- Cook Time: 20 min
- Method: Steam

Ingredients per portion:

- Jasmine rice, dry: 65g
- Water: 130g
- Salt: 1g

#### **Stir-Fried Vegetables (Veg)**

- Prep Time: 20 min
- Cook Time: 8 min
- Method: Wok-fry in batches

Ingredients per portion:

- Broccoli florets: 40g
- Carrots, julienned: 30g
- Snap peas: 25g
- Vegetable oil: 3g
- Garlic, minced: 2g

### **Teriyaki Sauce (Sauce)**

- Prep Time: 5 min
- Cook Time: 10 min
- Method: Simmer to thicken

Ingredients per portion:

- Soy sauce: 15g
- Mirin: 10g
- Sugar: 8g
- Cornstarch slurry: 5g

### **PORTIONING:**

- Chicken: 150g
- Rice: 180g
- Vegetables: 95g
- Sauce: 35g

**Allergens:** Soy, Sesame