KIKKOMAN

Teriyaki Chicken with Toasted Sesame Seeds on Rice

Total time **45 mins** **45 mins** preparation time

Nutritional facts (per portion):
1,214 kJ / 290 kcal

Fat: **6.2 g** Protein: **25.6 g**
Carbohydrates: **30.9 g**

INGREDIENTS

4 portion(s)

200 g	rice (= approx. 600 g when cooked)
	Salt
1	small leek
2 tbsp	vegetable oil
500 g	chicken breast fillet
4 tbsp	cornflour
20 ml	Kikkoman Teriyaki Wok Sauce with Toasted Sesame
1	sheet of nori

PREPARATION

Step 1

Cook the rice in salted water according to the instructions on the pack and keep warm. Trim and wash the leek, cut diagonally across into approx. 1 cm thick slices and fry in 1 tsp. hot oil.

Step 2

Wash the chicken breast, dab it dry and then cut it into approx. 7-8 mm thick slices. Dust with flour and fry in the remaining hot oil for approx. 2-3 minutes on each side. Add the teriyaki sauce and continue cooking for around 1 minute to glaze.

Step 3

Cut the sheet of nori into fine strips. Put the rice into bowls, arrange the leeks and chicken on top, drizzle with the frying juices and garnish with the nori strips before serving.