

# TERIYAKI CHICKEN

Servings 6 | Prep Time 10 mins | Total Time 30 mins

## INGREDIENTS

- 1kg chicken thigh or breast, diced into cubes
- ½ cup tamari / Gluten Free soy sauce
- 1 tablespoon ginger (fresh or already minced)
- ¼ cup rice vinegar
- ½ cup Brown Rice Syrup or brown sugar
- ¼ teaspoon black pepper
- ¼ cup warm water
- 3 tablespoons cornstarch
- ¼ cup Garlic infused olive oil
- 1 cup leek (green parts only)
- 1 red capsicum
- ¼ Jap pumpkin

### Optional

- 1 large Red Chilli, finely diced
- Sesame seeds
- Coriander
- Cooked rice, rice noodles or zoodles) to serve



## METHOD

1. In a medium bowl, mix the tamari/GF soy sauce, brown rice syrup (or brown sugar), rice vinegar, ginger and black pepper, then set aside.
2. Finely slice the leek, and chop the red capsicum and pumpkin into bite sized pieces.
3. Heat up a pan on low-medium heat and add the garlic olive oil and diced chicken.
4. Cook the chicken until it is just starting to brown, then add the leek, pumpkin, capsicum and chilli (if using) to the pan.
5. Add in the teriyaki sauce, over the pan and cook for 10-15 minutes on low heat, or until the pumpkin is cooked.
6. In a separate bowl, mix the water and the cornstarch together until the cornstarch is melted.
7. Add the cornstarch slurry to the pan and stir until it is all mixed and cook for another 5 minutes on low heat.
8. Serve the teriyaki chicken on top of rice, rice noodles (or zoodles for extra veg!) then sprinkle with sesame seeds and coriander.

## **SLOW COOKER METHOD**

1. In a medium bowl, mix the tamari/GF soy sauce, brown rice syrup (or brown sugar), rice vinegar, ginger and black pepper and set aside.
2. Drizzle the garlic olive oil to the bottom of your slow cooker, then add the chicken and teriyaki sauce
3. Heat up a pan on low-medium heat and add the garlic olive oil, diced chicken and chilli (if using).
4. Cook on high for 4 hours, or 8 hours on low
5. Finely slice the leek, and chop the red capsicum and pumpkin into bite sized pieces.
6. In a separate bowl, mix the water and the cornstarch together until the cornstarch is melted.
7. Add the cornstarch slurry and the vegetables to the slow cooker and stir until it is all mixed. Cook for another 30 minutes in the slow cooker on high.
8. Serve the teriyaki chicken on top of rice, rice noodles (or zoodles for extra veg!) then sprinkle with sesame seeds and coriander.