



# Simple Teriyaki Chicken Stir Fry

Ingredients	
Olive oil, extra virgin	0.50 tablespoon (20mL)
Chicken, thigh fillets, without skin, raw	200 gram
Green bean, raw	0.50 cup (250mL)
Capsicum, red, raw	0.25 medium (271g)
Teriyaki sauce	30 mL
Brown rice, uncooked	0.25 cup (250mL)



Makes 1 Serves (427g per serve)

## Meal Time

Dinner

## Description

This is a simple teriyaki recipe with only 6 ingredients. If you did not feel free to use any frozen vegetables for ease.

NOTE: Make this recipe gluten-free by using Ayam's Gluten Free Teriyaki sauce.

## Methods

1. Heat the oil in a large frying pan over medium heat. Add the diced chicken thigh fillets, and cook until all sides are browned. Transfer to a bowl, cover and set aside.
2. Dice the ends off the green beans, and slice the capsicum. Add them to the frying pan and cook for 3-4 minutes or until they soften.
3. Add the chicken thigh fillets back to the frying pan and add the teriyaki sauce. Gently stir until all of the chicken and vegetables are coated. Cover with a lid and let simmer for 5-6 minutes.
4. Prepare the rice as per packet instructions and set it aside to serve.
5. Remove the chicken and vegetables from the heat, then serve with the cooked rice. Enjoy!

## Meal Tags

Simple, Halal Friendly

## Nutrition Tags

Gluten Free, Low GI, Low FODMAP, Nut Free, Dairy Free, Low Lactose, High Carb, Egg Free, Seafood Free, Wheat Free, High Protein, Medium Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	427g	100.00g
Energy (kJ)	2,594kJ	607kJ
Protein (g)	44g	10g
Fat (g)	21g	5g
Carbohydrate (g)	63g	15g

### Analysis Summary

Sugar (g)	17g	4g
Fibre (g)	5g	1g
Sodium (mg)	1,261mg	295mg