



chicken teriyaki

Serves 2

Who doesn't like a good homemade chicken teriyaki? Let this dish really soak up the layers of sweet and savory Asian flavors before grilling to perfection.

Ingredients

- 2 pcs Healthy Options All-Natural Chicken Leg Quarters
- 2 stalks Leeks, halved
- 1 pc Ginger, sliced
- 2 pcs Garlic, halved
- 1 pc Carrot, sliced
- 2 Tbsp Canola Oil
- 6 tsp Sake
- 6 tsp Eden Mirin
- 1 cup San-J Tamari
- 2 cups Water
- ½ cup Cadia Honey
- 6 Tbsp Bob's Red Mill Cornstarch
- 2 cups Japanese Rice, cooked
- 2 Tbsp Bob's Red Mill Sesame Seeds
- Sea Salt and Pepper to taste

Procedure

1. Debone chicken legs, and set aside fillets. Season with salt and pepper.
2. For the sauce, grill chicken bones, leeks and carrot slices.
3. Sauté garlic and ginger together with the grilled leeks, carrots and bones.
4. Add sake, mirin, tamari, water, honey and coconut sugar. Simmer until thick.
5. Strain sauce into a clean pot. Simmer and thicken with cornstarch slurry.
6. Grill chicken over medium-high fire on a grill pan. Glaze with sauce.
7. Slice chicken and place on top of cooked rice. Brush with more sauce and garnish with leeks and sesame seeds.