

One-pot Japanese teriyaki chicken



Ingredients:

500g chicken thigh fillets, trimmed, cut into 3cm pieces

1/4 cup teriyaki marinade

1 tablespoon safflower or sunflower oil

1 and 1/2 cups jasmine rice, rinsed, drained

1 long red chilli, halved, deseeded, thinly sliced

1 carrot, grated

1 bunch baby bok choy, trimmed, roughly chopped

Method:

- 1) Combine chicken and marinade in a glass or ceramic dish. Refrigerate, covered, for 30 minutes if time permits.
- 2) Heat oil in a large, heavy-based, nonstick saucepan over medium-high heat. Remove chicken from dish, reserving marinade. Cook for 2 to 3 minutes or until sealed. Transfer to a bowl.
- 3) Add rice to pan. Add reserved marinade and 2 1/2 cups cold water. Bring to the boil. Reduce heat to low. Top rice with chicken and chilli. Cook, covered, for 12 to 15 minutes or until chicken is cooked through. Stir in carrot and bok choy. Cook for 2 minutes or until bok choy has wilted. Serve