



Teriyaki Chicken with Avocado and Rice



Ingredients, Teriyaki Chicken:

- 2 Boneless, skinless chicken breasts
- 1/3 Cup soy sauce or tamari
- 2 TBLs Honey or brown sugar
- 1 TBLs Rice vinegar
- 1 TBLs Sesame oil
- 2 Garlic cloves, minced
- 1 tsp grated ginger
- TBLs cornstarch mixed with 2 tablespoons water (optional, for thickening sauce)

Ingredients, Rice Base:

- 1 Cup cooked jasmine or basmati rice
- 1 TBLs Rice vinegar
- 1 tsp Sesame oil
- Pinch of salt

Ingredients, Avocado Layer:

- 2 ripe Avocados, mashed
- 1 TBLs Lime juice or lemon juice
- Salt and black pepper, to taste

Ingredients, Garnishes:

- Sesame seeds
- Chopped green onions
- Pickled ginger (optional)

Method:

1. Whisk together soy sauce, honey, rice vinegar, sesame oil, garlic, and grated ginger in a small bowl.
2. Heat a skillet over medium heat and cook chicken breasts until golden on both sides, about 4 to 5 minutes per side.
3. Pour teriyaki sauce over the chicken. Simmer over gentle heat for 5 to 10 minutes, turning chicken occasionally until cooked through to 165F internal temperature. If a thicker sauce is preferred, stir in the cornstarch slurry and cook until sauce has thickened.
4. Remove chicken from skillet, allow to rest briefly, then slice into thin strips.
5. Toss warm cooked rice with rice vinegar, sesame oil, and a pinch of salt. Set aside to cool slightly.



6. Mash ripe avocados with lime or lemon juice, and season with salt and black pepper to taste.
7. Using a food ring or by hand, press a 1.5-centimetre layer of seasoned rice into the base. Top with mashed avocado, then layer sliced teriyaki chicken strips above.
8. Gently remove the mold and repeat for additional servings. Finish each stack by sprinkling sesame seeds, chopped green onions, and pickled ginger if desired.