



One Pan Baked Teriyaki Chicken With Peppers and Broccoli

Camine Pappas / Serves 6 / November 2018

INGREDIENTS:

6 boneless skinless chicken thighs
2 red peppers cut into large chunks
3 C broccoli florets
1 T chopped fresh ginger
2 large cloves garlic, chopped finely
½ small onion rough chopped
½ C + 3 T sweet bottled teriyaki sauce
3 T soy sauce
3 T rice wine vinegar
4 light oil divided
1 t sesame oil
Salt and pepper to taste



METHOD:

In a large bowl add the chicken and pat dry. Set aside. In another bowl add the chopped peppers, broccoli, onion, and chopped ginger. In another bowl mix the ½ C teriyaki sauce, soy sauce, 2 T oil, vinegar, sesame oil. Mix thoroughly and pour into bowl with vegetables and toss. Spread out on a baking sheet and sprinkle generously with pepper and salt. Then mix the chopped garlic and other 2 T of oil with the 3 T teriyaki sauce. Toss well to coat. Nest into the vegetables and season with salt and pepper. Bake in a 375 degree oven until chicken is 165 degrees F, and vegetables are soft. Mine were done in about 35 minutes. Serve over rice and garnish with parsley.

Can use skin-on thighs as well or do this in a large sauté pan.

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