

Teriyaki Chicken

1 Garlic Paste: I took about 20 peeled garlic cloves, sprinkled them with olive oil, seasoned them with a little salt and pepper and put them in a preheated (210° degrees C.) oven for about 35-40 minutes. Once nicely browned I let them chill and pureed them afterwards in a food processor. Leftovers I kept in a small glass with some oil on top to seal.

2 Put the chicken, garlic paste, chili and teriyaki sauce in a bowl. Mix well and marinate in the fridge for a couple of hours.

3 Prepare the rice (see also [Curry, step04](#)). For Thai/ Japanese dishes I prefer a softer, stickier rice (ie. add a little more water). Preheat the wok (medium heat). Add the oil, the chicken & marinade and stir fry for a few minutes, until chicken takes on a golden/ brownish color.

4 Now add peppers, onions, bean sprouts, pak choi. In terms of timing, this is the order which I find makes most sense, since it allows all vegetable to be to the point at the same time. Depending on how thick your slices are you can also for instance give the peppers a head start of a minute. The pak choi I'd add just a minute before everything is done.

5 Season with salt and sugar to your liking and divide up between two bowls. Toss some spring onion slices and serve with the rice.



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Recipe source: the wagamama cookbook [teriyaki chicken, slightly adapted]

Required time: takes about 20 minutes to cook

Ingredients (serves 2):

- * 300g chicken breast
- * 1 red chili
- * 2 tsp homemade garlic paste
- * 4-5 tbsp teriyaki sauce
- * 1 spring onion, finely sliced
- * 100g beansprouts
- * ½ red onion
- * ½ red and yellow pepper, cut into strips
- * 80g pak choi, leaves
- * salt, sugar
- * rice