



Chicken Fillet Teriyaki Recipe

Preparation Time	7
Cooking Time	32
Serving Size	5

Ingredients:

- 300 g chicken, thigh fillet
- - salt, to taste
- - pepper, to taste

FOR SAUCE

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 Tbsp mirin
- 1/2 tsp ginger
- 1/3 Tbsp water
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

- 2 stalks spring onion, sliced
- 1 Tbsp sesame seeds, toasted

Preparation:

1. Season chicken with salt and pepper. Grill until cooked.
2. FOR TERIYAKI SAUCE: Combine DEL MONTE Quick 'n Easy BBQ Marinade, mirin, ginger and water in a saucepan. Simmer for 5 minutes. To thicken the sauce, add dissolved cornstarch. Cook for 10 minutes or until thick.
3. Toss chicken into the sauce. Top with spring onion and sesame seeds. Serve.

Chef's Tip

Cornstarch is an easy-to-use thickener. Simply dissolve the cornstarch in an equal amount of water then add to the boiling liquid. The result is a thicker sauce with a nice glossy appearance perfect for this dish.

Lusog Notes

This Chicken Fillet Teriyaki dish is a source of protein which is important not only for growth and development but also for repair of body tissues and regulation of body processes.

Cooking Skills Needed

- Boiling
- Simmering
- Slicing
- Pan-Grilling

Cooking Tools

- Measuring Spoon
- Spatula

- Chopping Board
- Sauce Pan