



## Chicken Fillet Teriyaki (Party)

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Preparation Time	7
Cooking Time	32
Serving Size	30

### Ingredients:

- 1 3/4 kgs chicken, thigh fillet
- - salt, to taste
- - pepper, to taste

### FOR SAUCE

- 6 pouches DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1/3 cup mirin
- 1 Tbsp ginger
- 2 cups water
- 1/3 cup cornstarch, dissolved in 1/3 cup water
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- 12 stalks spring onion, sliced
- 1/3 cup 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

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