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Teriyaki chicken



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Make this tasty chicken teriyaki recipe for a speedy supper. Serve with rice and steamed bok choy.

By Brian Turner

Ingredients

- 2 tsp Tabasco sauce (optional)
- 2 tbsp clear honey
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 4 chicken thighs, bone removed, sliced
- 1 tbsp vegetable oil

boiled rice, to serve
steamed bok choy, to serve

Method

1. Put the Tabasco sauce (if using), honey, sesame oil and soy sauce in a bowl and mix well. Put the chicken slices into the bowl, stir well to coat and leave to marinate for 5 minutes.
2. Heat the vegetable oil in a frying pan. Remove the chicken slices from the marinade, reserving the marinade, and fry for 3-4 minutes on each side, or until completely cooked through. Remove the chicken from the pan and set aside, keep warm.
3. Pour the marinade into the pan and boil rapidly for a few minutes until slightly reduced.
4. To serve, put the chicken slices on a plate and pour over the sauce. Serve with rice and steamed bok choy.

Recipe Tips

Chicken thighs are full of flavour and much cheaper than chicken breasts, perfect for cooking on a budget.