

Baked Chicken Teriyaki



PREP TIME : 10 MIN

COOK TIME : 25 MIN

SERVES : 4

Ingredients :

- **1 lb (500 g) boneless, skinless chicken breasts**
- **1 tbsp (15 mL) vegetable oil**
- **1 jar (341 mL) VH[®] Teriyaki Marinade, divided**
- **3 cups (750 mL) bean sprouts**
- **1-1/2 cups (325 mL) thinly sliced cucumber**
- **1 large carrot, peeled and cut into matchsticks**
- **1 cup (250 mL) thinly sliced red pepper**
- **Fresh Coriander Leaves**

Directions :

- 1. Preheat oven to 400°F (200°C). Toss chicken breasts with oil and half the VH[®] Teriyaki Marinade.**
- 2. In a large bowl, toss chicken breasts to coat with oil and half the VH[®] Teriyaki Sauce. Set aside and let marinate until oven is preheated to 400°F (200°C).**
- 3. Arrange chicken in a small roasting pan. Bake, basting with remaining marinade twice, for 20 minutes or until cooked through. Transfer chicken to plate. Set roasting pan over medium heat; heat oil. Add bean sprouts and green onions. Cook for 2 to 3 minutes or until tender.**
- 4. Toss together bean sprouts, cucumber, carrot and red pepper. Divide among plates. Top with chicken slices. Garnish with fresh coriander leaves.**



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Tip:

Serve skewered over Chinese noodles, if desired.

Other Usage:

Combine with mayonnaise and serve as a dipping sauce with fries.

Brush on grilled halibut, salmon or shrimps.

Stir-fry with udon noodles.