

Japanese Farm-Style Grilled Teriyaki Chicken Bowl

Yield: 4 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-teriyaki-rice-recipe>

Ingredients:

- teriyaki Farm Style
- 4 portobellos
- 1 pound chicken thighs
- 8 ounces shitake mushrooms optional
- 1/4 cup soy sauce or use GF Braggs Liquid amino acid
- 1/4 cup mirin
- 2 teaspoons ginger grated
- 1 cup rice rinsed well
- 2 cups water
- cucumber
- salad
- 1 English cucumber large
- 1/4 cup rice wine vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1 tablespoon toasted sesame seeds
- 2 avocados one half, per bowl, peeled, sliced, salted
- 1/3 cup scallions chopped, or chives
- 1 tablespoon toasted sesame seeds

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 110 milligrams
4. Fat: 39 grams
5. Fiber: 13 grams
6. Protein: 33 grams

7. SaturatedFat: 8 grams
 8. Sodium: 1560 milligrams
 9. Sugar: 9 grams
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