



Ingredients:

1 cup Japanese short-grain rice (sometimes sold as sushi rice)
2 chicken breasts, diced
1 small head broccoli, cut into florets
2 tbsp cooking oil
2 tsp sugar
shredded nori (seaweed sheets), for garnishing, optional

Ingredients for the teriyaki sauce:

3 tbsp shoyu (Japanese soy sauce)
3 tbsp sake
3 tbsp mirin
1 tbsp sugar

Directions:

1. Make the teriyaki sauce by mixing the sauce ingredients together and heating in a saucepan over low heat until the sugar is dissolved. Set aside and leave to cool.
2. Wash and cook the rice with 1 cup of water.
3. When the rice is cooked, leave it to stand, covered. Steam the broccoli and set aside, uncovered. (If left covered the remaining steam will overcook the vegetables).
4. Heat the cooking oil in a frying pan over medium heat and lightly fry the chicken meat. When the color of the meat changes, add the teriyaki sauce and sugar. Cook for another 3-5 minutes until the meat is cooked. As the sugar dissolves, the teriyaki sauce will reduce into a glaze. If the sauce is reduced before the meat is done, lower the heat, add 1-2 tbsp of water to the pan and continue cooking. When done, remove from heat.
5. Scoop the warm rice into individual bowls, then top with the steamed broccoli and teriyaki chicken. Drizzle any remaining sauce over the bowls and garnish with the nori, if desired.
6. Serve hot.

