














Easy Asian Chicken Rice Bowl

Ingredients





For the Chicken:

-  1 lb boneless, skinless chicken breasts or thighs, diced
-  2 cloves garlic, minced
-  2 tbsp soy sauce
-  1 tbsp honey or brown sugar
-  1 tbsp sesame oil (or vegetable oil)
-  1 tsp grated fresh ginger
-  1/2 tsp chili flakes (optional for spice)




For the Bowl Base:

-  2 cups cooked white or brown rice
-  1 cup steamed broccoli
-  1/2 cup shredded carrots
-  1/2 cucumber, sliced

For the Sauce:

-  2 tbsp soy sauce
-  1 tbsp hoisin sauce or teriyaki sauce
-  1 tsp rice vinegar
-  1/4 tsp chili garlic sauce (optional)

Optional Garnishes:

-  Chopped green onions
-  Sesame seeds
-  Lime wedges

Instructions

1 Prepare the Chicken:

Heat sesame oil in a skillet over medium-high heat.

Add the diced chicken and cook until browned and cooked through, about 6-8 minutes.

Stir in garlic, ginger, soy sauce, and honey. Cook for an additional 2-3 minutes, allowing the sauce to coat the chicken and caramelize slightly.

2 Prepare the Sauce:

In a small bowl, whisk together soy sauce, hoisin or teriyaki sauce, rice vinegar, and chili garlic sauce. Set aside.

3 Assemble the Bowl:

Start with a base of cooked rice in each bowl. Add steamed broccoli, shredded carrots, and sliced cucumber.

4 Top with Chicken:

Spoon the glazed chicken over the rice and veggies.

5 Drizzle with Sauce:

Drizzle the prepared sauce over the bowl for added flavor.

6 Garnish and Serve:

Garnish with green onions, sesame seeds, and a lime wedge. Serve immediately and enjoy!

This Easy Asian Chicken Rice Bowl is the perfect balance of savory, sweet, and fresh flavors. Quick to prepare and endlessly customizable, it's a go-to recipe for a delicious meal anytime!