

Teriyaki Chicken with Crispy Brussels Sprouts



Ingredients:

- 4 boneless, skinless chicken breasts, cut into strips
- 2 tablespoons vegetable oil
- 1 cup teriyaki sauce
- 2 tablespoons honey
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Toss the Brussels sprouts with olive oil, salt, and pepper. Spread them in a single layer on the baking sheet and roast for 20-25 minutes, flipping halfway through, until crispy and golden brown.

While the Brussels sprouts are roasting, heat vegetable oil in a large skillet over medium-high heat. Add the chicken strips and cook for 5-7 minutes, until golden brown and cooked through.

In a small bowl, whisk together the teriyaki sauce, honey, soy sauce, rice vinegar, garlic, and ginger. Pour the sauce over the cooked chicken and stir to coat evenly. Allow the sauce to simmer for 3-5 minutes, until thickened.

Remove the Brussels sprouts from the oven and arrange them in a serving bowl. Top with the teriyaki chicken, allowing some of the sauce to drizzle over the sprouts.

Garnish with fresh parsley before serving.

Prep Time: 10 minutes | Cooking Time: 30 minutes | Total Time: 40 minutes