**Chicken Teriyaki**

Serves 2-3 people

80 mL Chicken stock

15 mL Sugar

15 mL Mirin

10 mL Soy sauce

10 mL Vegetable oil

1 Chicken breast, cut into bite size pieces

1 Bell pepper, cut into strips

Salt and pepper to taste

**Method:**

1. In a small saucepan, combine the chicken stock with the sugar, mirin, and soy sauce and bring to a boil over high heat, stirring to dissolve the sugar.
2. Reduce the heat to medium and simmer until the teriyaki sauce is reduced and thickned, about 15 minutes.
3. When sauce has thickened, season the chicken with salt and pepper and cut into bite size pieces.
4. In a large wok heat 10 mL of the oil. Add the chicken and cook over medium high heat until cooked fully. Remove chicken from wok and place in bowl.
5. Wipe out skillet. Add the 5ml oil and heat. Add the pepper strips and cook over high heat stirring until crisp tender and lightly charred.
6. Plate chicken and veggies over rice. Drizzle the sauce on top.
7. Enjoy!

**How to Cook Jasmine Rice**

Serves 4/5 – Make 1 per group

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| **Jasmine Rice**250ml rice375ml water1ml salt |

1. Measure all three ingredients into a medium pot that has a tight fitting lid.
2. Put lid on pot and turn heat to high.
3. When water boils, lift the lid and give the rice a quick stir with a fork.
4. Replace the lid. Lower heat to the lowest setting on the stove.
5. Set timer for 20 minutes. DO NOT PEEK DURING THIS TIME!
6. After 15 minutes, you should see ‘fish eyes’ on the surface of the rice and the kernels should have absorbed all the water.
7. Lightly, with a fork, lift the rice a few times to fluff it up.

