



## Kids Lunch Box – Chicken Teriyaki Skewers with Rice

### Ingredients

- 5 oz Cubed Chicken
- 1 cup White Rice
- 3 oz Granulated white sugar
- 1 cup soy sauce
- 2 oz cornstarch
- 5 ea bamboo skewers
- 1 oz sesame seeds

### Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Medium stock pot with lid
- Medium stock pot

### At Home Ingredients

- 2 tbl Olive Oil
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for *things in place*) organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Toasting Sesame Seeds**

Add **Sesame Seeds** in a sauté pan and place the pan over medium heat.

Move the pan back and forth on the burner until the sesame seeds start to smell fragrant. When this happens, remove pan from burner, turn off heat and transfer sesame seeds to a small bowl.

### **Step 2. Cooking Rice**

In a medium pot, add 1 ½ cup water and bring to boil. Add **White Rice** and stir for 1 to 2 minutes and cover with lid. Reduce heat to medium-low. Cook rice for 15-18 minutes. Once done, remove from heat. Fluff rice with fork.

### **Step 3. Making Teriyaki**

In a medium pot, add **Soy Sauce** mixture and bring to simmer. When the liquid is simmering, add **Sugar** and stir for 1 minute. In a small bowl, add **Cornstarch** and slowly add water while stirring. You are looking to have the consistency of glue. Once you get the desired consistency, add small amounts of cornstarch slurry to the soy sauce until you reach your desired thickness.

### **Step 4. Cooking Chicken**

Take **Bamboo Skewers** and skewer the **Cubed Chicken**. Place a large sauté pan on medium heat and add olive oil until sizzling. When oil is to temperature, add chicken skewers to the pan and cook for 2 to 3 minutes on each side. When cooked on the second side add 3 oz of teriyaki sauce to the pan and let the sauce glaze the chicken for an additional 1 minute. Remove the pan from heat and prepare to serve.

### **Step 5. Plating**

When ready to plate, spoon rice onto the serving plate. Carefully, stack chicken skewers on top of rice. Drizzle with Teriyaki sauce from pot and garnish with toasted sesame seeds. Enjoy!