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Teriyaki Chicken Cutlet Rice Recipe

Ingredients

- ◆ **Yinghok Teriyaki Sauce:** 30g
- ◆ **Chicken thigh meat:** 300g
- ◆ **Carrot:** 20g
- ◆ **Broccoli:** 25g

Instructions

1. Cut broccoli into small florets and slice carrots. Blanch them in boiling water until slightly tender, then rinse with cold water and drain well.
2. Preheat a frying pan with a little oil over medium heat. Place chicken thigh meat (skin-side down) in the pan and fry over low heat until the skin turns golden and crispy, then flip and fry until the meat is fully cooked.
3. Pour in teriyaki sauce, stir-fry over high heat until the chicken is evenly coated with the sauce, then serve with broccoli and carrots on top of rice.

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