

## Teriyaki Chicken & Broccoli Skillet Casserole

Serves 4

- 10 g sesame oil
- 200 g broccoli florets (bite-size)
- 120 g red bell pepper, diced
- 80 g scallions, sliced
- 80 ml low-sodium teriyaki sauce
- 60 ml water
- 12 g cornstarch
- 2 cloves garlic, finely grated (≈ 6 g)
- 400 g cooked chicken (thigh or breast), sliced
- 300 g cooked brown rice
- 1 tsp toasted sesame seeds or sliced almonds (optional garnish)
- Pinch shichimi togarashi (optional)



### Instructions

1. Preheat oven to **180°C**.
2. Heat **sesame oil** in a large ovenproof skillet over **medium heat**.
3. Add **broccoli**, **bell pepper**, and **scallions**. Cook **3–5 minutes** until just tender.
4. In a bowl, mix **teriyaki sauce**, **water**, **cornstarch**, and **garlic** until smooth.
5. Add sauce mixture, cooked **chicken**, and **rice** to the skillet. Stir well to coat evenly.
6. Bring to a **gentle simmer** on stovetop until slightly thickened.
7. Transfer skillet to oven and **bake 15–18 minutes** until hot and bubbling.
8. Remove from oven, sprinkle with **sesame seeds** or **almonds**, and optional **shichimi**.

### Nutrition

Per serving: Kcal: 430 | Protein: 30 g | Fat: 12 g | Sat Fat: 2 g | Carbs: 48 g | Sugars: 7 g | Fiber: 5 g | Sodium: 720 mg | Omega-3: 0.2 g

Whole dish: Kcal: 1,720 | Protein: 120 g | Fat: 48 g | Sat Fat: 8 g | Carbs: 192 g | Sugars: 28 g | Fiber: 20 g | Sodium: 2,880 mg | Omega-3: 0.8 g

### Options & Notes

- Chicken: thigh meat stays juicier; breast works if not overbaked.
- Vegetable swaps: green beans, snap peas, or zucchini work well.
- For extra richness, add 10 g butter or 1 tsp sesame oil before baking.
- For freezer prep: assemble fully, cool, wrap tightly, and freeze up to 2 months.
- Serve with cucumber sunomono or simple cabbage slaw for balance.