

## Teriyaki Chicken Thighs with Roasted Sweet Potatoes & Cabbage Slaw

Serves 2

- 240 g chicken thighs, skinless, trimmed, cut into 2–3 cm pieces
- 10 ml (11g) low-sodium soy sauce
- 5 ml (6g) mirin
- 5 g honey
- 5 ml sake
- 5 ml (5g) canola oil
- 3 g potato starch + 10 ml (10 g) water (slurry)
- 200 g Japanese sweet potato (satsumaimo), 2–2.5 cm cubes
- 5 g olive oil
- Black pepper, to taste
- 80 g green cabbage, finely shredded
- 50 g cucumber, thinly sliced
- 10 ml rice vinegar
- ½ tsp sugar (2 g)
- Pinch salt
- 1 tsp toasted sesame seeds
- Pinch shichimi togarashi



### Instructions (Stovetop Method)

1. Preheat oven to **180°C**.
2. Toss **sweet potatoes** with **olive oil** and **black pepper**. **Roast 30–35 minutes** until tender and lightly browned.
3. Toss **cabbage** and **cucumber** with **salt**; **rest 5 minutes**. Squeeze gently, then add **rice vinegar** and **sugar**.
4. Mix **soy sauce**, **mirin**, **honey**, and **sake** to make teriyaki.
5. Heat **canola oil** in a pan over **medium heat**. Cook chicken **3–4 minutes** until cooked through.
6. **Lower heat**, add **teriyaki sauce**, then add **starch slurry** and **cook 20–30 seconds** until glossy.
7. Finish with **sesame seeds** and **shichimi**.

### One-Pan Oven Variation

8. Arrange **sweet potatoes** and oiled **chicken** on a lined sheet pan.
9. Roast at **180°C** for **20 minutes**.
10. Brush chicken with **teriyaki sauce** and **roast 5–7 minutes more**.
11. Finish chicken briefly in a pan with **starch slurry** for gloss.

### Miso–Teriyaki Twist

Replace teriyaki sauce with **soy sauce**, **mirin**, **honey**, **sake**, and **10 g white or awase miso**. Add off heat, then return briefly with slurry to glaze.

## Nutrition

Per serving: Kcal: 460 | Protein: 32 g | Fat: 21 g | Sat Fat: 4 g | Carbs: 38 g | Sugars: 11 g | Fiber: 5 g | Sodium: 650 mg | Omega-3: 0.15 g

Total dish: Kcal: 920 | Protein: 64 g | Fat: 42 g | Sat Fat: 8 g | Carbs: 76 g | Sugars: 22 g | Fiber: 10 g | Sodium: 1,300 mg | Omega-3: 0.3 g