



## Teriyaki Chicken Rice

### Ingredients

- 500g Cooked Rice
- 30ml Oil
- 200g Chicken
- 30ml Soya sauce
- 30ml Brown sugar
- 30ml Vinegar
- 30ml Sesame oil
- 30ml Garlic
- 30ml Corn flour
- 30ml Water
- 30ml Salt
- 30ml Pepper
- 2 Mediums Egg
- 1 cube MAGGI Chicken Seasoning Cube

### Instructions

1. Pour 30ml of oil to the pan
2. Add 200g chicken to the pan and sauté well
3. Season with 30ml of salt and pepper
4. Add 30ml of brown sugar and 30ml of soya sauce to the mix
5. Pour in 30ml of vinegar and 30ml sesame oil together with 30ml brown sugar
6. Add 30ml Corn flour to the mix and stir well
7. Transfer the chicken mix from the pan and leave it aside for some time
8. Place another pan on the stove and add 30ml of oil to the pan
9. Add 30ml of garlic to the pan
10. Scramble 2 eggs to the pan
11. Season with 30ml of salt
12. Mix in 500g of cooked rice
13. Season with 1 Maggi Chicken Seasoning
14. Place the teriyaki chicken on top of the rice
15. Enjoy whilst warm!

### Nutrition

Carbohydrates	63.17 g
Energy	456.95 kcal
Fats	17.19 g
Fiber	1.74 g
Protein	26.76 g
Sodium	1351.39 mg

15 Minutes

3 Portions

Sugars

3.08 g