

## Chicken Teriyaki Bowl

<http://userealbutter.com/2014/05/14/chicken-teriyaki-bowl-recipe/>  
from [No Recipes](#)

### **brine:**

1/2 cup water  
2 tbsps soy sauce  
2 tbsps dark brown sugar  
2 tbsps mirin

4-6 skin-on (or skinless) boneless chicken thighs  
8 cups steamed rice  
4-6 cups sautéed vegetable (spinach, zucchini, snow peas, or broccoli)  
furikake (optional)

### **sauce:**

2 tbsps honey or maltose  
2 tbsps dark soy sauce (it's much thicker than regular soy sauce)  
2 tbsps mirin  
2 tbsps sake

Place the brine ingredients in a ziploc bag. Add the chicken thighs. Push the air out of the bag and seal it. Marinate the chicken for at least an hour or up to 24 hours in the refrigerator. Before grilling the chicken, prepare steamed rice (I like to use short grain white rice) and sauté a green vegetable of your choice (I used snow peas and a couple cloves of crushed garlic). In a small saucepan, combine all of the sauce ingredients over medium heat and stir until glossy and slightly thickened (this takes about 4-5 minutes). Scrub the grates of your grill clean and turn it to high heat. Using tongs and a paper towel with some vegetable oil on it, grease the grates. Place the chicken thighs skin-side down (if skinless, then the smooth-side down) on the grill. Close the lid and cook for about 5 minutes or until brown and the thighs release from the grates. Flip the chicken pieces and baste with the sauce. Continue to grill until the chicken just starts to char (another 5-6 minutes on my grill). Remove from heat and cut the chicken into bite-size pieces. Fill a medium bowl half full of steamed rice. Sprinkle some furikake on top (optional). Set one thigh's worth of slices on top of the rice. Add a cup of sautéed vegetables. Drizzle some of the teriyaki sauce over the chicken. Garnish with green onions. Serves 4-6.