

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Teriyaki Steak (or Chicken) & Broccoli

Serves 2-3 People

Equipment Needed:

- 1-quart sized zipper bag or food storage container with lid
- Cutting Board & Sharp Knife
- Rice Cooker or Medium Saucepan w/ Lid
- Measuring Cups
- Large Tongs & Serving Spoon
- Dinner Plate
- Meat thermometer



Directions:

1). Place meat in a plastic zipper bag, or food storage container. Add teriyaki marinade until meat is fully submerged. Marinate steaks in the fridge for 1-3 hours. The longer you marinate them, the more flavor they will absorb. I usually marinate beef for 1 hour and chicken for 3 hours.

- **2 - 6oz. Beef Tenderloin Steaks (sub top sirloin or boneless chicken breast)**
- **1 C. Kikkoman or Lawry's Teriyaki Marinade**

2). When steaks are done marinating, rinse and drain your rice. Prepare rice in a rice cooker by combining 1 cup of rice, 1 cup of water and 1 t. salt. Close the lid and use the white rice setting. This usually takes about 30 minutes. If you don't have a rice cooker, follow cooking directions on rice package.

- **1 C. Uncooked Jasmine Rice**
- **1 C. Cold Water**
- **1 t. Kosher Salt**

3). Remove meat from marinade and put on a plate. Let rest at room temperature for 30 minutes before cooking.

If using steak: Prepare your steaks medium-rare on the grill. Once the steaks reach an internal temp of 130°F, remove from heat and let rest for 5 minutes before thinly slicing against the grain. Lay your sliced steak on top of a bed of rice, and garnish with sesame seeds & chives.

If using chicken: Place chicken breasts on the grill for about 5 minutes. Flip, and cook for another 5 minutes, or until the thickest part of the breast reaches an internal temp of 165°F. Remove from grill and let rest for 5 minutes before thinly slicing against the grain. Lay your chicken on a bed of rice and garnish with sesame seeds and chives.

- **Sesame Seeds & Fresh Chives (or green onions) for Garnish**

I like to serve this dish with steamed broccoli and Trader Joe's Soyaki or regular soy sauce on the side. I season my broccoli with butter and Saltlicker's Peter Rabbit or Crop Duster seasoning blends. They have a ton of awesome spice blends, but these two are my favorite, because they don't contain onion or garlic. Check them out!