

RECIPE | PEPPERS

TERIYAKI CHICKEN SKILLET



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Recipe created by Loubies & Lulu

INGREDIENTS

- 3 Pure Flavor® Sweet Bell Peppers, thinly sliced
- 2 lbs cooked boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- 12 oz bag broccoli florets
- 3 12 oz bags frozen riced cauliflower, cooked
- 1 bottle teriyaki sauce
- 2 cloves garlic, minced
- 2 tbsp avocado oil
- Sesame seeds (optional)
- Soy sauce (optional)

DIRECTIONS

1. Add 1 tbsp avocado oil to a preheated large skillet over medium heat and swirl to coat the pan. Add minced garlic and cook for 1 minute, stirring occasionally. Add veggies and sauté for 8 to 10 minutes until tender, but crisp. Add cooked chicken to the skillet and allow to warm through, another 8 to 10 minutes. Pour the bottle of teriyaki sauce over the chicken and veggies and stir to coat.
2. Divide cauliflower rice among 4 bowls. Spoon over rice and garnish with sesame seeds and a splash of soy sauce.



TOTAL TIME

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy