FREE SAMPLE / DAY 01 / SERVES TWO / 30 MINUTES

Chicken teriyaki & cucumber salad



AI-generated serving illustration.

Ingredients

300 g (10.6 oz) boneless chicken thighs; 1 tsp neutral oil; 1 tbsp each soy sauce and mirin; 1 tsp sugar; 1 medium cucumber; 1/4 tsp fine salt; 1 tbsp unseasoned rice vinegar; 1 tsp sugar for the cucumber; 1 cup cooked rice.

Cook in this order

1. Thinly slice the cucumber. Toss with salt and leave for 10 minutes while you start the chicken. Squeeze out excess liquid and toss with the vinegar and its teaspoon of sugar.

2. Mix the soy sauce, mirin and remaining teaspoon of sugar. Pat the thighs dry. Heat the oil over medium heat, then cook the thighs for about 5 to 7 minutes per side, until the thickest part reaches 165°F (74°C).

3. Pour the sauce into the pan and simmer, turning the chicken, until glossy, about 1 to 2 minutes. Slice and serve with rice and cucumber salad.

Supermarket swap Use an English or Persian cucumber. For the tablespoon of mirin, use 1 tbsp water and another 1/2 tsp sugar.

Read the full recipe guide with step images

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