



## INSTANT POT TERIYAKI RICE WITH CHICKEN & VEGETABLES

Recipe from: [www.lifemadesweeter.com](http://www.lifemadesweeter.com)



### Ingredients



#### For Teriyaki Sauce:

1/2 cup low sodium soy sauce  
1/3 cup rice wine vinegar  
1/3 cup honey  
2 Tbsp Mirin, optional  
2 tsp Corn starch  
1/4 cup water

#### For Chicken and Rice:

2 Tbsp toasted sesame oil  
1 med. Boneless-skinless chicken breast—cubed  
2 garlic cloves, minced  
1 tsp grated ginger  
1/2 cup chopped bell pepper  
1/2 cup shredded carrots

1 cup water  
1 cup raw Jasmine rice  
1 cup broccoli florets  
1/2 cup frozen-shelled Edamame beans -thawed  
Sesame seeds, for garnish  
chopped green onion for garnish



Yield: 3-4 servings  
Serving Size: 2 cups

### Directions



Open the lid of the Instant Pot and press the SAUTE button, allow to preheat for a few minutes until you hear a beep.

Whisk together the soy sauce, vinegar, honey, Mirin and starch in pot. Slowly add water and bring to a boil, until thickened. Transfer to a heat safe bowl.

Rinse and dry the inner pot and return back inside the Instant Pot on SAUTE mode. Heat 2 tablespoons of sesame oil. When oil is hot, add the chicken and season with salt and pepper. Sauté for 2-3 minutes, until lightly brown. Add the garlic and ginger and cook for another 20 seconds. Add the bell peppers, carrots, broccoli and edamame. Pour in 3/4 of the sauce, the rice and 1 cup water.

Place the lid on, and lock it, setting the valve to sealing.

Press MANUAL high pressure and set for 7 minutes.

Once the 7 minutes is up and the Instant Pot beeps, allow the pressure cooker to release naturally for 10 minutes.

Garnish with sesame seeds and green onions, if desired. Serve hot.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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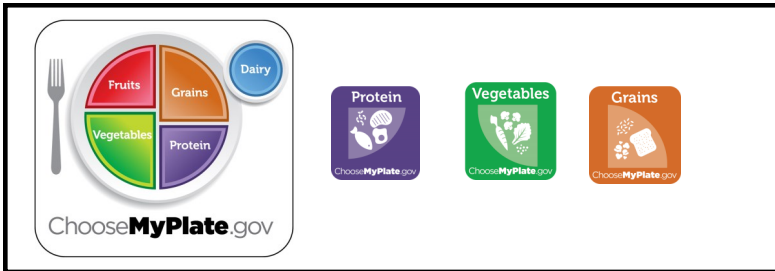
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# Fast Facts



## Featured Food Groups



## Cooking Tips



Can be made vegetarian too

## Nutrition Facts

4 servings per container

**Serving size** 2 cup

**Amount Per Serving**

**Calories** 470

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 3g

**Cholesterol** 20mg 7%

**Sodium** 1280mg 56%

**Total Carbohydrate** 82g 30%

Dietary Fiber 3g 11%

Total Sugars 37g

Includes 33g Added Sugars 66%

Sugar Alcohol 2g

**Protein** 16g 32%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 3mg 15%

Potassium 499mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

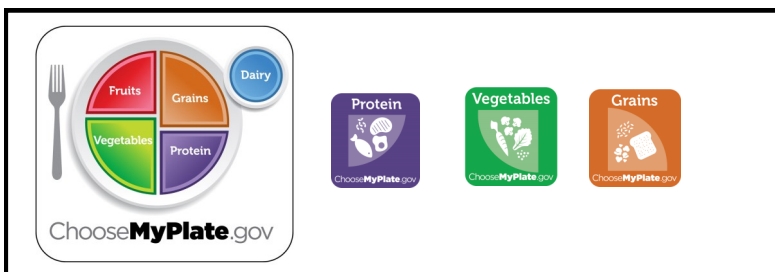
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