

DINNER

Maple Syrup Korean Teriyaki Chicken

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
195 min	15 min	60 min	5	\$1.98	423 kcal



Need a gluten free and dairy free main course? Maple Syrup Korean Teriyaki Chicken could be an awesome recipe to try. This recipe makes 5 servings with 423 calories, 28g of protein, and 12g of fat each. For \$1.98 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals...

Ingredients

- ☐ 1 cup brown rice
- ☐ 3 tablespoons dark sesame oil
- ☐ 2 cloves garlic, crushed
- ☐ 1/3 cup maple syrup
- ☐ ¼ cup soy sauce
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon minced fresh ginger root
- ☐ 2 teaspoons ground black pepper
- ☐ 5 skinless, boneless chicken breast halves
- ☐ 2 cups water

EQUIPMENT Sauce pan, Oven, Baking pan, Broiler, Ziploc bags

Method

- 1 Mix the soy sauce, 1 cup water, maple syrup, sesame oil, garlic, ginger, and pepper in a large resealable plastic bag. Set aside 1/3 cup of the mixture.
- 2 Place the chicken in the bag, seal, and marinate at least 2 hours in the refrigerator.
- 3 Place the rice in a saucepan with 2 cups water, and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes.
- 4 Preheat the oven broiler. Lightly grease a baking dish.
- 5 Pour marinade from the bag into a saucepan, and bring to a boil.
- 6 Mix in the cornstarch, and cook and stir until thickened.
- 7 Place chicken in the prepared baking dish. Basting frequently with the reserved 1/3 cup marinade, broil 8 minutes per side, until juices run clear.
- 8 Place chicken over the cooked rice, and top with boiled marinade to serve.

Nutrition per serving

423	28 g	12 g	48 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			13.1 g · 15% of daily needs
Sodium			788 mg · 34% of daily needs
Cholesterol			72.3 mg · 24% of daily needs
Vitamin C			1.8 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/maple-syrup-korean-teriyaki-chicken-142437