



Chicken Teriyaki Bowl with Organic Super Blend

Servings

4

Calories

400

Prep Time

20 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 1 (10 ounces) package Mann's Organic Super Blend
- ½ bell pepper, diced
- 1 stalks green onion, sliced
- 4 servings whole grain brown rice vermicelli noodles, cooked
- 1 pound chicken breast tenderloins
- ¼ teaspoon ginger, ground
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon garlic, granulated
- 1 tablespoon sesame oil, divided
- ⅓ cup teriyaki sauce



The Method

Toss the chicken with ginger, pepper, salt, and garlic. Set aside.

Heat half of the oil in a large skillet over medium heat. Add Mann's Organic Super Blend, bell pepper, and green onion and sauté just until the vegetables begin to soften, about 5 minutes. Remove vegetables from skillet and set aside.

Add remaining oil and cook chicken until fully cooked through, about 5 minutes on each side.



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Build your bowl by adding a serving of noodles and topping them with sautéed vegetables, chicken, and a hearty drizzle of teriyaki sauce.

Nutrition Facts

Serving Size: 287g | Servings: 4

Amount Per Serving

Calories 400 | Total Fat 6g (sat 0.5g trans 0g) | Cholesterol 65mg | Sodium 1190mg | Total Carbohydrate 55g | Dietary Fiber 2g | Sugars 6g
(Includes 0g Added Sugars) | Protein 32g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 6%