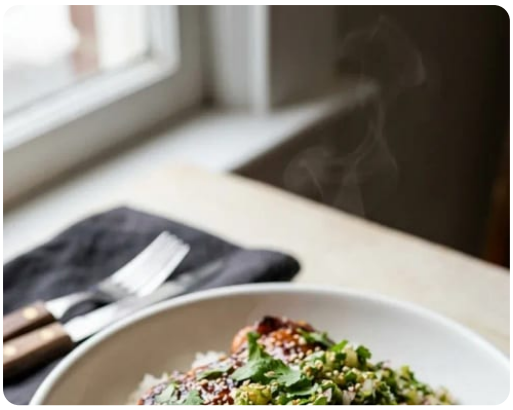

Foodnity Recipes

Teriyaki Chicken with Salsa Verde

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Fusion** Cuisine

Ingredients

The Chicken & Glaze

- [ ] 1 ½ pounds boneless, skinless chicken thighs
- [ ] 1 cup soy sauce (low-sodium preferred)
- [ ] ½ cup mirin
- [ ] ¼ cup honey
- [ ] 2 tablespoons freshly grated Japanese ginger
- [ ] 2 cloves garlic, minced
- [ ] 2 tablespoons vegetable oil

Salsa Verde

- [ ] 6 tomatillos, husked and rinsed
- [ ] 1 cup fresh cilantro leaves and stems
- [ ] 1 jalapeño, seeded and diced
- [ ] ¼ cup diced red onion
- [ ] 2 limes, juiced
- [ ] 1 tablespoon olive oil
- [ ] ½ teaspoon sea salt
- [ ] ¼ teaspoon freshly ground black pepper

For Serving

- [ ] Rice or quinoa, for serving

Instructions

1. First, let's get those tomatillos ready. In a small saucepan, add the tomatillos and cover them with water. Bring it to a boil, then just let them simmer until the skins soften and they turn a lovely, bright green—that usually takes about 5 minutes. Drain them and let them cool for a bit before popping them into the blender.

2. Now for the fresh part. Add your cilantro, jalapeño, red onion, lime juice, olive oil, salt, and pepper to the blender with the tomatillos. Pulse it until it's smooth, but I like to keep it just a little bit chunky. Set that aside; it smells wonderful.

3. In a mixing bowl, whisk together your soy sauce, mirin, honey, grated ginger, and minced garlic. This is where that sweet, salty teriyaki glaze comes together.

4. Pat your chicken thighs dry—it's a small step, but it helps with the sear. Season them lightly with salt and pepper, then let them soak in that glaze bowl. Let them marinate for about 15 minutes while you're finishing up the salsa.

5. Heat your skillet over medium-high heat with 1 tablespoon of vegetable oil. Take the chicken out of the glaze and sear for 3–4 minutes per side. You're looking for a beautiful golden brown color and an internal temperature of 165°F.

6. Pour the rest of that teriyaki glaze right into the skillet. Lower the heat to medium-low and simmer for about 2 minutes. It'll thicken up nicely, and you can use a spatula to brush it over the chicken for a glossy finish.

7. Move the chicken to a platter and let it rest for 2 minutes—honestly, it makes such a difference. Then, spoon generous amounts of that bright salsa verde right over the top.

8. If you have any glaze left in the pan, drizzle it over the salsa for a little extra shine. Garnish with chopped cilantro or sliced scallions if you're feeling fancy, and serve it immediately over your cooked rice or quinoa.

Nutrition per serving

350 kcal	28 g	45 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is key for a good sear.
- Letting the chicken rest for 2 minutes keeps the juices inside.
- The salsa verde provides a bright acidity that cuts through the rich glaze.