

Homemade Teriyaki Chicken Rice Bowl

There's nothing quite like a homemade meal that combines simplicity, flavor, and comfort. This Homemade Teriyaki Chicken Rice Bowl delivers all three in under 30 minutes. Juicy chicken bites simmer in a glossy, savory-sweet teriyaki sauce made from soy sauce, honey, and garlic, then get spooned over warm rice with vegetables. It's the kind of meal that feels like takeout but tastes even better because you made it fresh.

Why You'll Love This Recipe

This recipe strikes the perfect balance of quick and satisfying. Every bite of chicken is juicy and covered in a rich teriyaki glaze that clings to the rice. It's family-friendly, customizable, and made with ingredients you probably already have in your kitchen.

Easy Comfort Food

When you need something comforting but not complicated, this recipe comes to the rescue. It uses one pan, cooks fast, and reheats beautifully. It's ideal for busy weeknights when you want something hearty without spending hours in the kitchen.

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- Author: [Aaron recipes](#)
- Total Time: [25 minutes](#)
- Yield: [4 servings](#)

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Description

This Homemade Teriyaki Chicken Rice Bowl features tender chicken cooked in a glossy, sweet-savory sauce with garlic and ginger, served over rice with vegetables for an easy 25-minute meal.

Ingredients

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- ☐ Boneless Skinless Chicken Breasts – 4 (cubed)
 - ☐ Olive Oil – 1 Tbsp
 - ☐ Low-Sodium Soy Sauce – ½ cup
 - ☐ Water – ½ cup
 - ☐ Light Brown Sugar – 3 Tbsp (packed)
 - ☐ Rice Vinegar – 2 Tbsp
 - ☐ Sesame Oil (optional) – ½ tsp
 - ☐ Ground Ginger – 1 tsp
 - ☐ Minced Garlic – 2 tsp
 - ☐ Honey – 2 Tbsp
 - ☐ Cornstarch – 3 tsp
 - ☐ Cooked Rice – For serving
 - ☐ Steamed Vegetables – For serving
 - ☐ Sesame Seeds & Green Onions – For garnish
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add cubed chicken and cook until golden and fully cooked through.
3. In a bowl, whisk soy sauce, water, brown sugar, honey, rice vinegar, sesame oil, ginger, garlic, and cornstarch.
4. Pour sauce into the skillet and stir constantly until it thickens to a glaze.
5. Return chicken to the skillet, stirring to coat evenly.
6. Serve hot over rice and vegetables.
7. Garnish with sesame seeds and green onions.

Notes

Use chicken thighs for extra tenderness.

Add pineapple chunks or chili flakes for variations.

Store leftovers for up to 4 days in the fridge.

Make it lighter with brown rice or cauliflower rice.

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Category: Main Course, Chicken
- Method: Skillet Cooking
- Cuisine: Japanese

Nutrition

- **Serving Size:** 1.5 cups
- **Calories:** 214
- **Sugar:** 17
- **Sodium:** 795
- **Fat:** 8.3
- **Saturated Fat:** 1.3
- **Unsaturated Fat:** 6
- **Trans Fat:** 0
- **Carbohydrates:** 23.9
- **Fiber:** 1.1
- **Protein:** 12
- **Cholesterol:** 29.5

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Getting Everything Ready

Ingredients You'll Need

To make this teriyaki chicken rice bowl, you'll need boneless, skinless chicken breasts, olive oil, soy sauce, honey, brown sugar, rice vinegar, sesame oil, ground ginger, minced garlic, and cornstarch. Don't forget your favorite rice—white, brown, or jasmine—and a side of vegetables for serving.

Prepping for Smooth Cooking

Cut the chicken into evenly sized cubes so everything cooks quickly and evenly. Keep your sauce ingredients pre-measured and whisked together before you start cooking. Using low-sodium soy sauce ensures you can control the salt balance while keeping that deep umami flavor that teriyaki is known for.

Cooking the Chicken

Getting the Perfect Sear

Heat olive oil in a large skillet over medium-high heat. Once hot, add your cubed chicken. Let it cook undisturbed for a few minutes before stirring. This allows the edges to brown and caramelize, adding texture and flavor. Continue cooking until the chicken is golden and cooked through.

Locking In the Juiciness

Avoid overcooking to keep the chicken juicy. Once the chicken is fully cooked, remove it from the pan and set it aside while you prepare the sauce. This prevents it from drying out and ensures it absorbs the sauce perfectly later.

Making the Teriyaki Sauce

Whisking the Sauce Together

In a mixing bowl, combine soy sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger, garlic, and cornstarch. Whisk until smooth and fully blended. This sauce gives that authentic teriyaki flavor—slightly sweet, tangy, and rich with garlic and ginger notes.

Cooking It to Perfection

Pour the sauce into the same skillet you used for the chicken. Bring it to a gentle boil while stirring constantly. Within a few minutes, it will begin to thicken into a beautiful glaze. Once thickened, add the cooked chicken back in and toss to coat every piece in that sticky, glossy sauce.

Assembling the Bowl

Building the Base

Start with warm rice as the foundation—white rice for a traditional take, brown rice for a heartier bite, or even cauliflower rice if you want to keep it light. Spoon the teriyaki chicken right over the top, making sure each serving gets a generous coating of sauce.

Garnishing and Serving

Top your bowl with sesame seeds and chopped green onions for a fresh, crunchy finish. You can also add a side of steamed broccoli, carrots, or snap peas for color and nutrition. If you love classic comfort food, this dish pairs wonderfully with [Pioneer Woman's Chicken and Rice Bake](#) for a cozy,

satisfying dinner combo.

Customizing Your Teriyaki Chicken

Flavor Variations

This recipe is incredibly flexible. For spice lovers, add a dash of chili flakes or a drizzle of sriracha. If you prefer a more tropical flavor, mix in pineapple chunks during the last few minutes of cooking. You can also replace chicken with shrimp or tofu for a fun twist.

Healthy Tweaks

Want to lighten it up? Use brown rice and skip the extra sesame oil. You can also replace honey with agave syrup or cut down on sugar without losing flavor. Add extra veggies to make it more filling and nutrient-dense.

Storing and Reheating

How to Store Leftovers

Let the teriyaki chicken cool before transferring it to an airtight container. It will last up to four days in the refrigerator. Store the rice separately if possible to prevent it from soaking up too much sauce overnight.

Reheating the Right Way

To reheat, warm the chicken in a skillet over low heat. Add a splash of water or broth to loosen the sauce as it warms. If you're using a microwave, cover the bowl with a damp paper towel and heat in 1-minute intervals, stirring between each one until hot.

Making It Ahead

Meal Prep Friendly

This recipe is excellent for meal prep. You can double the batch and portion it into containers for the week. It reheats beautifully and tastes even better the next day when the flavors have had time to meld together.

Freezing Instructions

Freeze the cooked teriyaki chicken separately from the rice in airtight containers. It will stay fresh for up to two months. To reheat, thaw in the refrigerator overnight and warm in a skillet for the best texture and flavor.

Frequently Asked Questions

Can I use chicken thighs instead of breasts?

Absolutely. Thighs have a bit more fat, which makes them extra juicy and flavorful. Just adjust your

cooking time slightly to make sure they're cooked through.

Can I use bottled teriyaki sauce?

You can, but homemade is far better. It's fresher, has fewer preservatives, and lets you control sweetness and saltiness.

Can I bake this recipe instead of cooking it on the stove?

Yes! Place the cubed chicken in a baking dish, pour the sauce over it, and bake at 375°F for about 20 minutes until bubbly and slightly caramelized.

Conclusion

This Homemade Teriyaki Chicken Rice Bowl proves that you don't need fancy ingredients or long cooking times to create something amazing. It's a fast, flavorful, and wholesome meal that comes together beautifully in just one pan. Every bite delivers tender chicken, sticky-sweet sauce, and comforting rice that makes you want seconds. Whether you're cooking for your family, meal prepping for the week, or simply craving something cozy, this dish will quickly become a favorite. Once you've made teriyaki chicken from scratch, you'll never settle for takeout again.

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