



I love my teriyaki rice bowls these days. Easy, healthy-ish, and makes great leftovers. I eat this at least twice a month and never get tired of it.
- Kat

Teriyaki Ground Turkey Rice Bowls

FROM THE KITCHEN OF KAT CHILD



Ingredients

- 1 pound ground turkey
- 2 cups broccoli florets
- 2 large carrots, julienned or thinly sliced
- 1 red bell pepper, thinly sliced
- 1 zucchini, thinly sliced
- 2 green onions, chopped
- 2 cups cooked rice (white, brown, or jasmine)
- 1 tablespoon olive oil
- 1 cup Kikkoman Teriyaki Sauce
- Sesame seeds, for garnish
- Sriracha, for garnish

Directions

1. Cook the Ground Turkey:

- a. Heat a large skillet over medium-high heat and add the olive oil.
- b. Add the ground turkey and cook until browned and fully cooked, breaking it up with a spoon as it cooks. This should take about 5-7 minutes.
- c. Drain any excess fat if necessary.

2. Cook the Vegetables:

- a. Add the broccoli, carrots, bell pepper, and zucchini to the skillet with the ground turkey.
- b. Stir-fry the vegetables for about 5-7 minutes until they are tender-crisp.

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Directions

3. Combine the Ingredients:

- Pour 1 cup of Kikkoman Teriyaki Sauce over the ground turkey and vegetables.
- Stir well to ensure everything is evenly coated with the sauce.
- Cook for an additional 2-3 minutes, allowing the flavors to meld together.

4. Assemble the Rice Bowls:

- Divide the cooked rice into serving bowls.
- Spoon the teriyaki ground turkey and vegetable mixture over the rice.
- Garnish with chopped green onions and sesame seeds.
- Drizzle sriracha on top for a spicy kick, if desired.

5. Serve and Enjoy:

Serve the teriyaki rice bowls hot and enjoy!

Tips

- You can customize the vegetables based on your preference or what you have on hand. Snow peas, snap peas, and baby corn work great in this recipe.
- For extra flavor, you can add a splash of rice vinegar or mirin to the teriyaki sauce.
- If you prefer a vegetarian option, substitute ground turkey with tofu or tempeh.



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Communications

