



Stuffed Chicken Teriyaki

Ingredients:

- 6 boneless skinless chicken thighs
- 1 medium onion
- 2 cloves garlic
- 4 ounces of cremini or button mushrooms
- ½ cup chopped fresh parsley
- ½ cup broccoli (optional)
- 1 TBS olive oil

Marinade:

- 5 TBS soy sauce
- 1 tsp Asian sesame oil (this is dark in color)
- 1 TBS mirin (you can google substitutes if you cannot find this, usually a substitute will be dry white wine and sugar)
- Juice of ½ a lime
- 2 TBS sugar
- 2 tsp minced ginger
- 1 tsp minced garlic

Combine all ingredients of the marinade and whisk until thoroughly blended.

Trim the boneless chicken thighs of large piece of fat. If the thighs are thick enough, butterfly them by slicing through the thickest part of the thighs with a sharp knife and open it up, keeping the two sides connected. One at a time, place the thighs between two pieces of plastic wrap. Using the smooth side of a meat tenderizer, flatten the thighs to make them thinner. Place the chicken thighs in the marinade and refrigerate for about an hour.

In a food processor, finely chop the onion, garlic, mushrooms, and parsley. Hand chop the broccoli if you are adding it. Sauté the filling in olive until tender and remove from heat to cool.

Remove the chicken from the marinade and reserve the marinade for the sauce. Fill the chicken thighs with the stuffing and tie with butchers twine to keep them together. Over medium heat, add oil to a skillet and cook the chicken thighs until they reach an internal temperature of 160F. Meanwhile, in a separate small pot, heat the marinade until just boiling and allow it to thicken. When chicken is done, remove from pan and lightly coat with the teriyaki sauce. Remove the butchers twine, slice and serve with rice and steamed broccoli.