

Easy Grilled Teriyaki Chicken

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 30 mins

Description

This grilled teriyaki chicken is very easy to prepare and great for a hot summers evening Leftovers are delicious on a green salad or in a sandwich Be sure to grill very hot and very fast

Ingredients

- - 1 cup teriyaki sauce - ¼ cup lemon juice - 2 teaspoons minced fresh garlic - 2 teaspoons sesame oil - 4 skinless
- boneless chicken breast halves

Instructions

1. Whisk teriyaki sauce
2. lemon juice
3. garlic
4. and sesame oil together in a bowl and pour into a resealable plastic bag. Add chicken
5. coat with marinade
6. squeeze out excess air
7. and seal the bag. Marinate in the refrigerator for at least 1 hour to overnight
8. turning every so often. When ready to cook
9. preheat an outdoor grill for high heat and lightly oil the grate. Remove chicken from marinade and shake off excess. Discard remaining marinade. Cook chicken on the preheated grill until no longer pink in the center and the juices run clear
10. 6 to 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Editor's Note: The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
11. ingredients
12. cooking method
13. etc.
14. the actual amount of the marinade consumed will vary.