

The best Hibachi Chicken with Fried Rice

This recipe is a full hibachi chicken dinner at home! Featuring restaurant-style sautéed vegetables,

fried rice and super tender chicken, this hibachi recipe is served with a spicy mustard dip sauce that will really take you to the Japanese steakhouse!

Ingredients

- 4 cups rice cooked, cool to the touch
- 4 tablespoons avocado oil divided
- 3 teaspoons sesame oil
- 1 cup frozen vegetables
- 1/2 cup white onion diced
- 1 pound chicken breast cut into bite-sized pieces
- 1 zucchini large, quartered
- 1 white onion large, cut into slices
- 2 cups baby bella mushrooms quartered
- 1 clove garlic minced
- 6 tablespoons butter
- 12 tablespoons soy sauce
- 2 teaspoons lemon juice fresh
- salt
- pepper
- 2 tablespoons dry mustard
- 2 teaspoons honey
- 1/2 cup half and half
- 1 tablespoon water hot
- 1 tablespoon sesame seeds preferably lightly toasted
- 2 eggs large

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Instructions

1. Make the fried rice: Heat 2 tablespoons avocado oil on medium high in a large skillet or wok. Add diced onion and frozen vegetables, and sauté until onions are almost translucent, about 3 minutes. Move the vegetables to the side of pan.
2. Crack eggs into pan and scramble with a spatula until cooked through and fully scrambled. Add 4 cups cooked rice and 4 tablespoons butter. Cook for 5 minutes and stir frequently. Add 4 tablespoons soy sauce and cook 1 additional minute. Pack fried rice firmly into bowls to keep hot.
3. Make the chicken and vegetables at the same time.
4. For the chicken: Heat 1 1/2 teaspoons sesame oil and 1 tablespoon avocado oil in same skillet or wok used for fried rice. Add chicken, 3 tablespoons soy sauce, 1 tablespoon butter, lemon juice, salt, and pepper to skillet. Cook chicken until it is no longer pink, about 5-7 minutes. Stir only once or twice so chicken will brown.
5. For the vegetables: In a separate large skillet or wok, heat 1 1/2 teaspoons sesame oil and 1 tablespoon avocado oil on medium high heat. Add sliced onion, baby bella mushrooms, zucchini, 1 tablespoon butter, salt, and pepper to skillet. Sauté until vegetables are tender, about 6-8 minutes.
6. For the mustard sauce: Lightly toast sesame seeds if desired. (See note.) Blend sesame seeds, dry mustard, 2 teaspoons honey, half and half, hot water, 1/4 cup soy sauce, and minced garlic in blender.

The best tips for making Hibachi Chicken

1. Fried rice was originally created as a way to use old rice scraps. To make hibachi rice, use rice that you have made in advance instead of freshly cooked rice. To make fried hibachi rice that tastes even more like

restaurant quality, use pre-cooked rice bought at the grocery store.

2. If you are grain-free, you can easily replace the rice with cauliflower rice.
3. Lightly roasted sesame seeds for the mustard sauce are not necessary, but it will improve the taste.