

Teriyaki Chicken and Rice or Tacos or..

The best way to bring chicken for a variety of dishes.

Ingredients

- Costco Kirkland Signature canned chicken breast 354 gms
 - The canned chicken process makes it dehydrate then rehydrate to a fresh texture (ie not rock hard).
 - 1 x 354 gms can dehydrated is a base protein for 3 persons when rehydrated
- Teriyaki sauce baste and glaze

Steps to make it

1. Open the canned chicken, drain, separate with a fork in a bowl.
2. Mix in the teriyaki sauce (approx. 100ml per can of chicken).
3. Marinade covered over night in a fridge.
4. Dehydrate 8-10 hours at 150F. Chicken pieces should be hard/brittle when done.
5. In camp rehydrate the chicken for at least 30 minutes. Best with hot water.
6. Now you can quick fry the chicken to reheat it and add in any vegetables.
7. Serve with 5 minute rice, or potatoes or wrap in a taco etc.
8. Yield for this recipe is approx. 3 dishes per 354gm can.

End