

# TERIYAKI SAUCE/GLAZE

Use as a glaze or add your favorite protein or veggies!

4 Servings

## Ingredients:

- 1 tbs Olive Oil
- 3 Cloves of Garlic finely chopped
- 1 tbs Ginger finely chopped
- ½ cup Mirin
- ½ cup low-sodium soy sauce
- 1 tbs Cornstarch
- 1 tbs Water

## Directions:

- Heat olive oil over medium high heat
- Mix Cornstarch and water and set aside
- Saute garlic and ginger until fragrant
- Add Mirin and low sodium soy sauce
- Add in the cornstarch mix and let simmer until desired thickness.

*Enjoy!*



MY  
Balance & Bliss

