

Adobo-Style Chicken

with Bok Choy & Wild Rice

We're celebrating the incredible cuisine of the Philippines in this dish, one of the staples of the archipelago. In Filipino, the word "adobo" simply means "sauce." But it typically describes a special type of sauce with a uniquely flavorful combination of ingredients. Made with garlic, vinegar and soy sauce, adobo is deliciously aromatic and tangy. In this recipe, we're mixing in tender bok choy leaves and finishing the succulent chicken thighs in it with a quick braise.



Ingredients

- 1 ½ Pounds Chopped Chicken Thighs
- 1 ½ Cups Wild Rice Blend
- 4 Cloves Garlic
- 3 Scallions
- ¾ Pound Baby Bok Choy
- 1 Large Bunch Cilantro

Knick Knacks

- 3 Tablespoons Rice Wine Vinegar
- 1 2-Inch Piece Ginger
- 1 Tablespoon Black & White Sesame Seeds
- 1 Tablespoon Cornstarch
- ¼ Cup Soy Sauce
- ¼ Cup Sweet Soy Sauce

Makes 4 Servings

About 575 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp42

1



Cook the rice:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice** and cook 25 to 27 minutes, or until tender. Drain thoroughly and transfer to a serving dish.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Remove the chicken from the refrigerator to bring to room temperature. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut off and discard the root ends of the bok choy; separate the leaves. Pick the cilantro leaves off the stems; discard the stems.

3



Cook the chicken:

While the rice continues to cook, pat the **chicken** dry with paper towels. In a large pan, heat 1 tablespoon of oil on medium-high until hot. Add the chicken; season with pepper. Cook, stirring occasionally, 5 to 7 minutes, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set aside.

4



Cook the aromatics & bok choy:

Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 teaspoon of oil.) Add the **garlic, ginger** and **white bottoms of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **bok choy** and **½ cup of water**. Cook, stirring occasionally and scraping up any fond from the bottom of the pan, 2 to 4 minutes, or until the bok choy is slightly wilted.

5



Finish the chicken:

In a small bowl, combine the **cornstarch** and **¼ cup of water**. To the pan of aromatics and bok choy, add the **cooked chicken, vinegar, soy sauce, sweet soy sauce** and **cornstarch-water mixture**. Bring to a simmer and cook, stirring occasionally, 6 to 8 minutes, or until thickened and slightly reduced in volume. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Transfer the **finished chicken** to a serving dish. Garnish with the **green tops of the scallions**. Garnish the chicken and the **cooked rice** with the **cilantro** and **sesame seeds**. Enjoy!