



## Japanese-Style Chicken Skewers

with Bok Choy and Mixed Grains



30-40min



2 Servings

Yakitori, meaning “grilled chicken,” are Japanese skewers cooked over high heat—typically a charcoal grill. At the end of cooking, they are brushed with a salty and slightly sweet sauce made with soy, mirin, and sugar. The sauce helps create that crispy, slightly charred exterior. Use a grill, grill pan, or skillet, and don’t be afraid to cook over high! Cook, relax, and enjoy!



## What we send

- boneless, skinless chicken thighs
- 8-inch wood skewers
- 2 cloves garlic
- mirin
- baby bok choy
- toasted sesame oil <sup>11</sup>
- scallions
- fresh ginger

## What you need

- coarse salt
- sugar

## Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

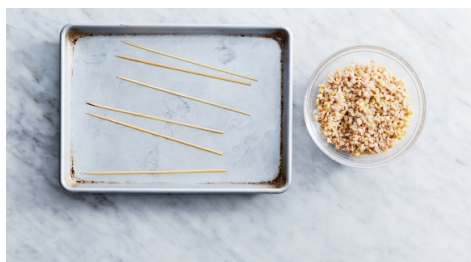
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 716kcal, Fat 25g, Carbs 73g, Proteins 51g



### 1. Cook grains

Light a grill if using. Soak **bamboo skewers** in **water** for 10 minutes. Bring a medium saucepan of **salted water** to a boil. Add **grains blend** to pot and cook until tender, 10-12 minutes. Drain grains, transfer to bowl and cover to keep warm.



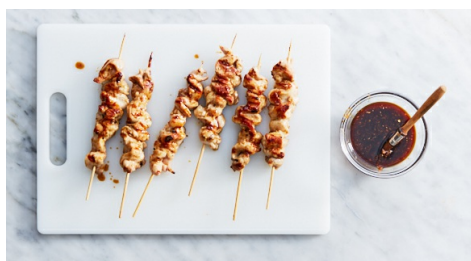
### 2. Cook chicken skewers

Heat a grill pan if using, over high. Pat **chicken** dry and trim excess fat. Cut lengthwise into ½-inch wide strips; tightly thread onto top half of each **skewer** (leave bottom portion empty for holding). Brush with **oil** and season with **salt**. Add **skewers** to grill; cook on medium, turning occasionally, until golden and cooked through, 12-14 minutes.



### 3. Prep ingredients

Meanwhile, cut **bok choy** lengthwise into quarters, leaving the cores intact; rinse well to remove grit. Trim ends from **scallions** and thinly slice. Grate or finely chop **garlic**; peel and grate or finely chop **2 teaspoons ginger** (reserve the rest for your own use).



### 4. Glaze chicken

In a small bowl, combine **tamari**, **mirin**, **half each garlic** and **ginger**, and 2 teaspoons **sugar**. Brush **chicken** with **sauce** and grill to slightly cook sauce, about 10 seconds more. Transfer skewers to a cutting board and brush with more **sauce**. To **remaining sauce**, add 1 tablespoon **water**; set aside for step 6.



### 5. Cook bok choy

Clean the medium saucepan then heat with 2 teaspoons **neutral oil** and ½ **teaspoon sesame oil** over medium-high. Add **remaining garlic** and **ginger**; cook until fragrant, about 1 minute. Add **bok choy**, 2 tablespoons **water** and ¼ teaspoon **salt**; cover and cook until tender, 4-5 minutes.



### 6. Serve

Fluff **grains** with a fork and stir in **remaining sauce**, **sesame oil**, and **scallion**. Spoon **grains** onto plates and top with **skewers**. Serve **bok choy** alongside. Enjoy!