



## Brown Rice Chicken Yakitori

with Sautéed Spinach



30min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.



## What we send

- 5 oz quick-cooking brown rice
- 2 scallions
- 1 oz fresh ginger
- 10 oz pkg cubed chicken thighs
- 2 oz tamari soy sauce <sup>6</sup>
- 1 oz mirin
- 2 (¼ oz) toasted sesame seeds <sup>11</sup>
- 5 oz baby spinach
- ½ oz toasted sesame oil <sup>11</sup>

## What you need

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

## Tools

- small saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium nonstick skillet

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 27g, Carbs 66g, Protein 42g



### 1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



### 2. Prep ingredients

Preheat broiler with a rack in the upper third.

While **rice** cooks, trim **scallions**, then cut into 1-inch pieces. Finely chop **2 teaspoons garlic**. Peel and finely chop **2 teaspoons ginger**.

Pat **chicken** dry; cut into 1-inch cubes, if necessary, then season all over with **salt** and **pepper**.



### 3. Make sauce

In a small bowl, stir to combine **tamari**, **mirin**, **chopped ginger**, and **1 teaspoon each of chopped garlic and sugar**.

Place **all of the sesame seeds** in a small bag and lightly crush them with a meat mallet or rolling pin (or heavy bottomed cup).



### 4. Broil chicken

Transfer **chicken** to a rimmed baking sheet; toss with **2 tablespoons sauce** and **1 tablespoon oil**. Broil on upper oven rack until chicken is lightly charred, about 5 minutes. Flip chicken, add **scallions** to baking sheet, and carefully toss with 2 tablespoons sauce.

Continue broiling until chicken is cooked through, about 5 minutes more (watch closely as broilers vary).



### 5. Sauté spinach

Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high. Working in batches if necessary, add **spinach** and **remaining chopped garlic**; cook, stirring, until just wilted, about 2 minutes.

Remove from heat; stir in **sesame oil** and **all of the crushed sesame seeds**. Season to taste with **salt** and **pepper**.



### 6. Serve

Fluff **rice** with a fork. Serve rice with **chicken yakitori** and drizzle **remaining sauce** on top. Serve **sesame spinach** alongside. Enjoy!