



Japanese-Style Chicken

with Bok Choy and Brown Rice



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. We simplified it by ditching the skewers! Use a grill pan or skillet, and don’t be afraid to cook over high! Cook, r...

What we send

- quick-cooking brown rice
- fish-shaped tamari pods ⁶
- boneless, skinless chicken thighs
- baby bok choy
- scallions
- garlic
- fresh ginger
- mirin ¹⁷
- toasted sesame oil ¹¹

What you need

- coarse kosher salt
- freshly ground pepper
- sugar

Tools

- fine-mesh sieve
- saucepan
- microplane or grater

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

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



1. Cook rice

Fill a medium saucepan with **salted water** and bring to a boil. Add **rice** to boiling water. Cook, uncovered, over high heat until tender, about 20 minutes. Drain well. Transfer to a medium bowl and cover to keep warm. Reserve saucepan for step 5.



2. Prep ingredients

While **rice** cooks, cut **bok choy** lengthwise into quarters, leaving the cores intact; rinse well to remove grit. Trim ends from **scallions** and thinly slice. Peel and grate **2 large garlic cloves** and **½ of the ginger** (save rest for own use). In a small bowl, combine **half each of the garlic and ginger, tamari, mirin, and 2 teaspoons sugar**. Stir to dissolve sugar.



3. Grill chicken

Preheat grill or grill pan over high and **oil** grates. (Preheat **1 teaspoon oil** in skillet, if using). Pat **chicken** dry and trim excess fat. Season with **½ teaspoon salt** and **a few generous grinds pepper**. Add chicken to grill, grill pan, or skillet and cook on medium-high until lightly charred and just cooked through, 4-5 minutes per side.



4. Glaze chicken

Brush **chicken** with **half the tamari-mirin sauce** (save rest for step 6) and cook until glaze is sticky and browned, about 1 minute per side. Transfer chicken to plates.



5. Cook bok choy

Meanwhile, heat **2 teaspoons neutral oil** and **½ teaspoon sesame oil** in reserved saucepan over medium-high. Add **remaining garlic and ginger**; cook until fragrant, about 1 minute. Add **bok choy, 1 tablespoon water, and ¼ teaspoon salt**; cover and cook until tender, 3-4 minutes.



6. Serve

Fluff **rice** with a fork; stir in **remaining tamari-mirin sauce, ¼ teaspoon sesame oil** and **scallions**. Serve **chicken** over **rice**, with **bok choy** alongside. Enjoy!