

MARLEY SPOON



Caramel Chicken

with Steamed Bok Choy and Rice



30-40min



2 Servings

This meal is a riff on the Chinese takeout of our dreams—fresh and quick, but nuanced and flavorful. The secret is a brown sugar syrup infused with fresh ginger that gets combined with other heavy-hitters like tamari and rice vinegar. The end result is a caramel glaze that coats the chicken. There's sticky rice to soak up the sauce, and steamed bok choy for cool, clean flavor.

What we send

- sushi rice (use $\frac{2}{3}$ cup)
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- 1 oz scallions
- $\frac{1}{2}$ lb baby bok choy
- 1 lb boneless, skinless chicken thighs
- 2 oz brown sugar
- 1 pkt chicken broth concentrate
- 1.7 oz rice vinegar
- 2 oz tamari soy sauce ⁶

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- fine-mesh sieve
- small saucepan
- medium skillet
- medium saucepan

Allergens

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

Nutrition per serving

Calories 850kcal, Fat 16g, Carbs 118g, Protein 57g



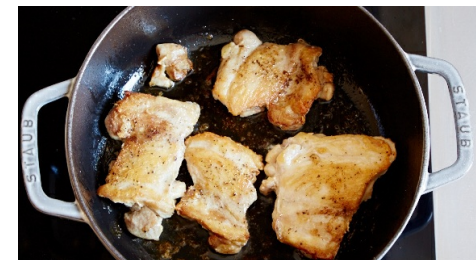
1. Cook rice

Rinse $\frac{2}{3}$ **cup rice** in a fine-mesh sieve until water runs clear. Add to small saucepan along with **1 cup water** and **a pinch of salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



2. Prep ingredients

Peel and thinly slice **2 large garlic cloves**. Thinly slice **ginger**. Trim scallions, then thinly slice. Trim stem ends from **bok choy**, then halve lengthwise (quarter, if large) and rinse well under cold water to remove any grit.



3. Brown chicken

Pat **chicken** dry and trim any excess fat, if necessary. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet or shallow pot over medium-high. Add chicken and cook until browned on both sides (but not cooked through), 6-8 minutes total. Transfer to a plate.



4. Make caramel sauce

Add **garlic** and **ginger**. Cook, stirring, until fragrant, about 1 minute. Add **$\frac{1}{4}$ cup water**; cook, scraping up any browned bits from bottom of the skillet. Add **brown sugar**, stirring to dissolve. Add **chicken broth concentrate, rice vinegar, tamari**, and **$\frac{1}{2}$ cup water**; bring to a simmer. Return **chicken** to sauce; simmer, turning, until chicken is cooked through, about 5 minutes.



5. Finish chicken

Transfer **chicken** to a plate. Increase heat to medium-high. Simmer rapidly until **sauce** is reduced and syrupy, about 5 minutes more. Return chicken to sauce and turn to coat. Remove from heat.



6. Steam bok choy & finish

Meanwhile, fill a medium saucepan with **$\frac{1}{2}$ inch water** and bring to a simmer. Add **bok choy** and cover. Steam until just tender, about 3 minutes; drain and pat dry. Serve **chicken** and **bok choy** over **rice** with **caramel sauce** spooned over top (leaving ginger behind). Sprinkle with **scallions**. Enjoy!