



NO ADDED DAIRY

NO ADDED GLUTEN

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

- boneless, skinless chicken thighs
- baby bok choy
- fresh ginger
- packet chicken broth concentrate
- rice vinegar
- sushi rice
- light brown sugar
- scallions
- garlic

What you need

- kosher salt & ground pepper

Tools

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

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830.0kcal, Fat 16.0g, Proteins 57.0g, Carbs 115.0g



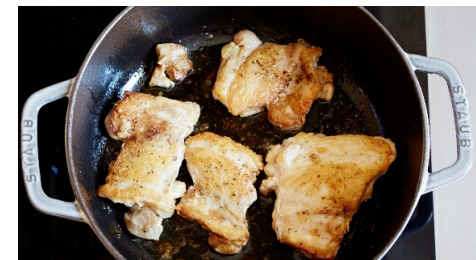
1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Combine rice, **1½ cups water**, and **a pinch of salt** in a small saucepan and bring to a boil. Reduce heat to simmer, cover, and cook until water is absorbed and rice is tender, about 15 minutes. Keep covered until ready to serve.



2. Prep ingredients

Peel and thinly slice **2 large garlic cloves**. Thinly slice **ginger** (no need to peel). Trim ends from **scallions**, then thinly slice. Trim 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, 6–8 minutes total. Transfer to a plate.



4. Make caramel sauce

Add **garlic** and **ginger**. Cook, stirring, until fragrant, about 1 minute. Add **¼ cup water** and cook, scraping up any browned bits from bottom of the pot. Add **brown sugar**, stirring to dissolve. Add **chicken broth concentrate**, **rice vinegar**, **tamari**, and **½ cup water** and bring to a simmer. Return **chicken** to pot and simmer until chicken is cooked through, 4–5 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 **½ inch water** and bring to a simmer. Add **bok choy** and cover. Steam until just tender, about 3 minutes, then drain. Serve **chicken** and **bok choy** over **rice** with **caramel sauce** spooned over top (leaving ginger behind). Sprinkle with **scallions**. Enjoy!