



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
- rice vinegar
- 2 oz tamari soy sauce ⁶

What you need

- kosher salt & pepper
- neutral oil

Tools

- small saucepan
- medium skillet
- medium 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

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, Proteins 57g



1. Cook rice

In a small saucepan, combine $\frac{2}{3}$ cup **rice**, **1 cup water**, and **a pinch of salt**. Bring to a boil over high heat, then cover and cook over low until rice is tender and water is absorbed, about 15 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

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 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 **sliced garlic and ginger** to same skillet over medium heat. Cook, stirring, until fragrant, 1 minute. Add $\frac{1}{4}$ cup **water** and cook, scraping up any browned bits from the bottom of skillet. Add **brown sugar**, stirring to dissolve, then add **chicken broth concentrate**, **rice vinegar**, **tamari**, and $\frac{1}{2}$ cup **water**; bring to a simmer over medium-high heat.



5. Finish caramel chicken

Return **chicken** to sauce and simmer over medium heat, turning occasionally, until chicken is cooked through, about 5 minutes; transfer chicken to a plate. Bring sauce to a rapid simmer over medium-high heat until sauce is reduced and syrupy, about 5 minutes more. Return chicken to sauce and turn to coat. Remove from heat and discard **ginger** from sauce.



6. Steam bok choy & finish

Meanwhile, fill a medium saucepan with $\frac{1}{2}$ inch water and bring to a simmer over medium-high heat. Add **bok choy**, cover, and steam until bok choy is just tender, about 3 minutes; drain and pat dry. Serve **caramel chicken** and **bok choy** over **rice** with **sauce** spooned over top. Garnish with **scallions**. Enjoy!