



Japanese-Style Chicken

with Bok Choy and Brown Rice



30-40min



4 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
- mirin
- garlic
- scallions
- boneless, skinless chicken thighs
- fish-shaped tamari pods ⁶
- fresh ginger
- baby bok choy
- toasted sesame oil ¹¹

What you need

- coarse salt
- freshly ground pepper
- sugar

Tools

- fine-mesh sieve
- saucepan
- microplane or grater

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

Nutrition per serving

Calories 605kcal, Fat 23g, Carbs 52g, Proteins 49g



1. Cook rice

Fill a large 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.



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.



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 **ginger**. In a small bowl, combine **half each of the garlic and ginger, tamari, mirin, and 4 teaspoons sugar**. Stir to dissolve sugar.



5. Cook bok choy

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



3. Grill chicken

Preheat a grill or grill pan over high and **oil** grates. (Preheat **1 teaspoon oil** in a skillet if using.) Pat **chicken** dry and trim excess fat. Season with **1 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.



6. Serve

Fluff **rice** with a fork; stir in **remaining tamari-mirin sauce, ½ teaspoon sesame oil** and **scallions**. Serve **chicken** over **rice**, with **bok choy** alongside. Enjoy!