



# Sweet Soy Pan-Seared Chicken Thighs with Bok Choy Tossed Rice

Family Friendly

Quick

25 Minutes

Custom Recipe

+ Add





Swap

or

\*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



|   |   |
|---|---|
|   |   |
| Chicken Breasts<br>2   4  | Tofu<br>1   2   |

|   |   |
|---|---|
|    |  |
| Chicken Thighs<br>280 g   560 g   | Brown Sugar<br>1 tbsp   2 tbsp  |
|    |  |
| Soy Sauce<br>2 tbsp   4 tbsp  | Chicken Stock Powder<br>1 tbsp   2 tbsp   |
|    |  |
| Garlic Puree<br>1 tbsp   2 tbsp   | Shanghai Bok Choy<br>2   4  |
|    |  |
| Basmati Rice<br>¾ cup   1 ½ cup   | Cornstarch<br>1 tbsp   2 tbsp   |
|  |   |
| Edamame<br>56 g   113 g   |   |

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once **water** is boiling, stir **rice**, **edamame** and **stock powder** into medium pot.
- Bring to a boil, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, separate **bok choy leaves**, then rinse away any hidden dirt. Pat dry with paper towels.
- Cut **bok choy** into ½-inch pieces, keeping leaves and stems separate.
- Whisk together **brown sugar**, **1 tsp** (2 tsp) **cornstarch**, **soy sauce**, **half the garlic puree** and ½ **cup** (1 cup) **water** in a small bowl. Set aside.
- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Add **remaining cornstarch** to a large zip-top bag.
- Add **chicken**, close bag and shake to coat **chicken**. Set aside. (**NOTE:** If you don't have a zip-top bag, add ingredients to a medium bowl.)

3



### Cook chicken

- [Swap | Chicken Breasts](#)
- [Swap | Tofu](#)
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **chicken**. Sear, flipping halfway through, until golden-brown, 6-8 min.\*\*

4



### Sauce chicken

- Reduce heat to medium, then add **brown sugar mixture** to the pan with **chicken**.
- Cook, flipping occasionally, until **chicken** is cooked through and coated in **sauce**, 1-2 min.
- Transfer **chicken** and **sauce** to a plate. Cover to keep warm.
- Carefully wipe the pan clean.

5



### Cook veggies and finish rice

- Once **rice** is finished cooking, fluff **rice** with a fork. Set aside.
- Return the same pan to medium-high (from step 3).
- Add **1 tbsp** (2 tbsp) **butter**, then **bok choy** stems.
- Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **rice**, **remaining garlic puree** and **bok choy** leaves to the pan.
- Cook, stirring often, until combined and **veggies** are tender, 1-2 min.

6



### Finish and serve

- Divide **bok choy rice** between plates. Top with **chicken**.
- Spoon **pan sauce** over **chicken**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

3 | Cook

[Swap | Chicken Breasts](#)

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**, increasing searing time to 6-8 min per side.\*\* (**TIP:** Cover the pan if chicken is taking longer, or reduce heat if it's browning too quickly.)

3 | Cook

[Swap | Tofu](#)

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **tofu**. Cook, stirring often, until golden-brown and crispy, 4-5 min.\*\* Continue cooking the **tofu** the way the recipe instructs you to cook the **chicken**.

\*\* Cook chicken to a minimum internal temperature of 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Issue with your meal? Scan the QR code to share your feedback.