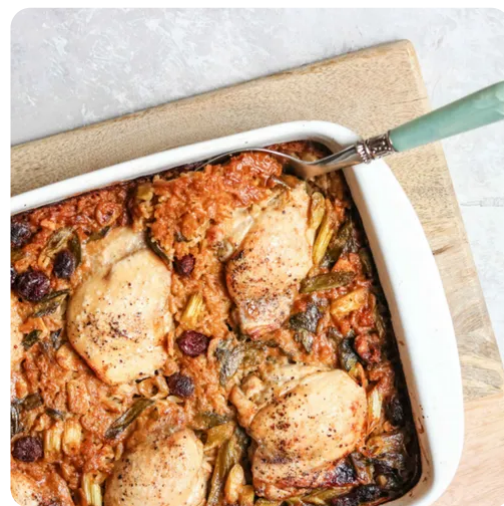


Chicken Thighs with Hoisin Rice

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↑↓ Servings: 8 portions



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
428 kcal	23 g	25 g	26 g	1 g

PREP TIME 5 mins	COOK TIME 50 mins	COURSE Dinner
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INGREDIENTS

- 2 Tbsp Coconut Oil
- 8 Chicken Thighs Skinless
- 1 Cup Jasmine Rice
- 4 Spring Onions Chopped
- 4 Cloves Garlic Sliced
- 0.33 Cup White Wine
- 2 Cups Chicken Stock
- 4 Tsp Dried cranberries

Sauce

- 3 Tbsp Soy Sauce
- 2 Tbsp Rice Vinegar
- 1 Tbsp Peanut Butter
- 1 Tsp Chilli Flakes
- 1 Tsp Honey
- 1 Tsp Sesame Oil

INSTRUCTIONS

1. Heat the oven to 375F (190C).
2. Heat the oil in a large pan. Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
3. Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.
4. Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.
5. Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.
6. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
7. Transfer the rice into an over-proof dish and place the chicken thighs in the center.
8. Bake in the preheated oven for 30 minutes. Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.



KEYWORDS

Dinner