
Chicken Tinola

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

1 cup jasmine rice

2 tablespoons vegetable oil

8 small skin-on, bone-in (2-1/2 pounds) chicken thighs, patted dry

Kosher salt

freshly ground pepper

1 small onion, sliced

3 cloves garlic, minced

one-inch piece fresh ginger, cut into coins

3 tablespoons fish sauce

6 cups low-sodium chicken broth

2 chayotes, peeled, seeded and quartered

1 head bok choy, trimmed and cut into two-inch pieces

Cook the rice according to package directions. Set aside off the heat for 5 minutes, then fluff with a fork.

Meanwhile, in a Dutch oven or other large pot over medium-high heat, heat the vegetable oil. Season the chicken thighs generously with salt and pepper. Working in batches if necessary, add the chicken to the pot, skin-side down. Cook until lightly browned and the fat has rendered, 3 to 4 minutes. Flip and cook until browned on the other side, 3 to 4 minutes. Remove the chicken to a plate.

Reduce the heat under the pot to medium. Add the onion, garlic and ginger. Cook until softened, about 2 minutes. Add the fish sauce and cook until reduced by half, about 3 minutes. Add the chicken broth and bring to a boil. Add the chicken and chayotes to the pot and reduce the heat to medium to maintain a steady simmer. Cover and cook until the chicken is cooked through, about 15 minutes. Add the bok choy. Cover and cook until tender, about 5 more minutes.

Divide the stew among bowls. Serve with the rice.

Chicken

Per Serving (excluding unknown items): 544 Calories; 41g Fat (61.0% calories from fat); 50g Protein; 9g Carbohydrate; 1g Dietary Fiber; 160mg Cholesterol; 216mg Sodium. Exchanges: 6 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.