

Chicken Thighs With Hoisin Rice

Serves 8

2 tbsp. coconut oil
8 skinless chicken thighs
scant 1 cup (200g) jasmine rice
4 spring onions, chopped
4 cloves garlic, sliced
½ cup (200ml) white wine
2 cups (500ml) chicken stock
4 tbsp. dried cranberries

For the sauce:

3 tbsp. soy sauce
2 tbsp. of rice vinegar
1 tbsp. of peanut butter
1 tsp. of chili flakes
1 tsp. of honey
1 tsp. of sesame oil

What you need to do

1. Preheat the oven to 375°F (190°C).
2. In a large pan, heat the coconut oil.
3. 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.
4. Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.
5. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
6. 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. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
7. Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.
8. Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.



| GF | DF | LC | MP | HP | N |
|--------|---------|------|---------|----------|------------|
| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
| 5 mins | 50 mins | 336 | 15 | 16 | 29 |

*Nutrition per serving

