



# Chicken Adobo

Simmer a flavorful Filipino chicken dish seasoned with soy sauce and vinegar.

Active Kitchen Time: 30-40 minutes

Yield: 4-6 servings

Cook Time: 25 minutes

## Ingredient List

- 2 green onions
- 2 cloves garlic
- 1 small onion
- ½ cup water
- 1 ½ lbs boneless chicken thighs
- ¼ cup soy sauce
- ½ tsp ground black pepper
- 3 Tbsp white vinegar
- 2 Tbsp brown sugar
- 2 bay leaves
- 1 Tbsp vegetable oil
- 3 cups cooked white rice, for serving

## Supper Smarts



**Serving Suggestions:** Serve with steamed or roasted broccoli, or quick sauteed green beans. Either vegetable will benefit from the sauce in the adobo!



**Speed it Up:** Prepare in a pressure cooker. Omit water. Cook on high pressure for 13 minutes. Let the pressure release naturally for 5 minutes; then release the remaining pressure manually. Open the lid.

## Dietary Modifications



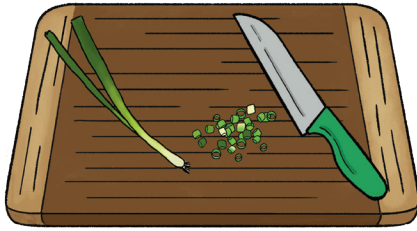
**Gluten-Free:** Replace soy sauce with tamari or use gluten-free soy sauce, such as Kikkoman.



**Vegetarian:** Replace chicken with 16 oz extra-firm tofu, drained, pressed to remove excess moisture, and cut into 2-inch cubes (or size of your choice).

# Chicken Adobo

1



Trim away roots from 2 green onions. Thinly slice and set aside for topping.

2



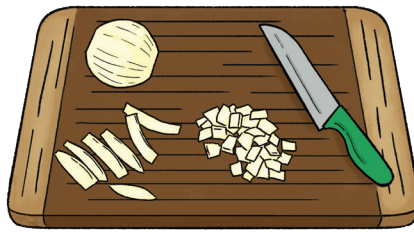
Prepare sauce. Smash and peel 2 cloves garlic. Finely mince and add to medium bowl.

3



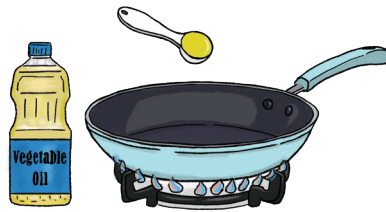
Add  $\frac{1}{4}$  cup soy sauce,  $\frac{1}{2}$  cup water, 3 Tbsp white vinegar, 2 Tbsp brown sugar,  $\frac{1}{2}$  tsp ground black pepper, and 2 bay leaves to garlic. Stir to combine. Set aside.

4



Cut 1 small onion in half, trim away ends, and peel. Slice layers into strips. Dice into squares. Add to small bowl.

5



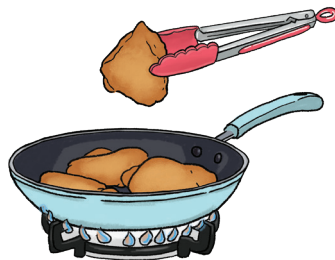
Heat 1 Tbsp vegetable oil in skillet over medium-high heat.

6



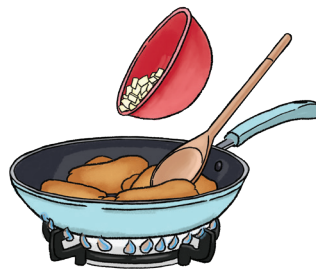
Add 1  $\frac{1}{2}$  lbs boneless chicken thighs to skillet with tongs. Sear (cook without stirring), until browned on bottom, 5-7 minutes.

7



Flip chicken using tongs.

8



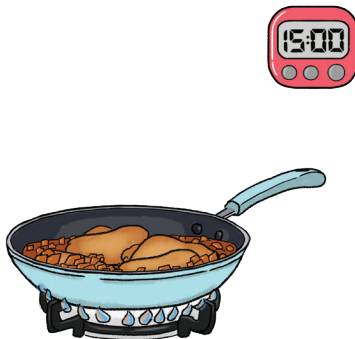
Add onion to skillet. Cook 5 minutes, stirring occasionally, to soften onion.

9



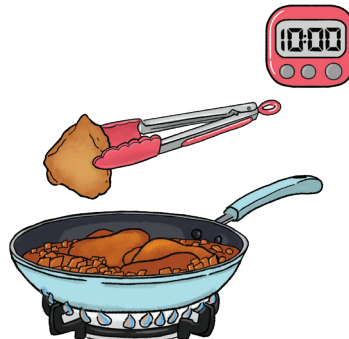
Add sauce to skillet. Bring mixture to boil.

10



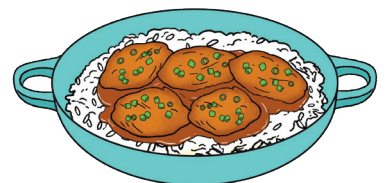
Reduce heat to low and simmer for 15 minutes.

11



Use tongs to flip chicken. Cook 10-15 min more, until chicken is tender and sauce has thickened.

12



Serve chicken over 3 cups cooked white rice and top with 2 sliced green onions. TASTE & SHARE!