



5-Spice Glazed Chicken and Rice Bowl

MyPlate2Yours - Lynn Dugan

Serving Size: 4

Ingredients

1 pound boneless, skinless chicken thighs (at least 4 pieces)

Marinade ingredients:

2 garlic cloves, minced

1/2 teaspoon Chinese 5-spice

1/2 teaspoon sesame oil

1 teaspoon mirin*

1 teaspoon GF soy sauce

1-1/2 teaspoons sugar

Glaze ingredients:

1/4 cup mirin*

1/2 cup GF soy sauce

1/2 cup sugar

1/4 cup chicken stock

3 tablespoons cornstarch

1 tablespoon rice vinegar

1/2 teaspoon Chinese 5-spice

2 cups cooked brown rice

1 cup shredded carrots

1/2 cup shredded scallions

1 cup frozen, shelled edamame, thawed

Sesame seeds, for garnish

Directions

In a small bowl or liquid measuring cup, mix the marinade ingredients. Place chicken in a ziplock bag and coat with the marinade. Place in fridge to marinate for 15 minutes, up to one hour.

To make the glaze, combine the first four ingredients in a small saucepan. Gently heat to dissolve the sugar. Mix cornstarch with 3 tablespoons water. Add to the saucepan. Bring the mixture to a boil, then simmer. Add the rice vinegar and the remaining 1/2 teaspoon 5-spice and cook for 5 minutes or until the mixture is thickened, stirring occasionally.

In a 10 inch skillet with medium high heat, add 1 tablespoon olive oil. Pan fry the chicken, 5 minutes on both sides. Baste chicken with sauce before turning and again on other side. Cook until internal temperature reaches 165 degrees.

To assemble bowls, spoon rice into the bottom of each serving bowl and drizzle sauce on top. Stripe with shredded carrots, green onion and edamame. Slice chicken and place on top and drizzle with more sauce. Sprinkle with sesame seeds and serve. YUMMY!!!

*Mirin is a Japanese rice wine that provides a mildly sweet acidity to a recipe. It's used in many Asian-inspired dishes. Mirin is easy to find in the Asian food section of conventional grocery stores. But if you need a substitute, you can use dry sherry, dry white wine, and rice vinegar by adding 1/2 teaspoon sugar for every tablespoon.