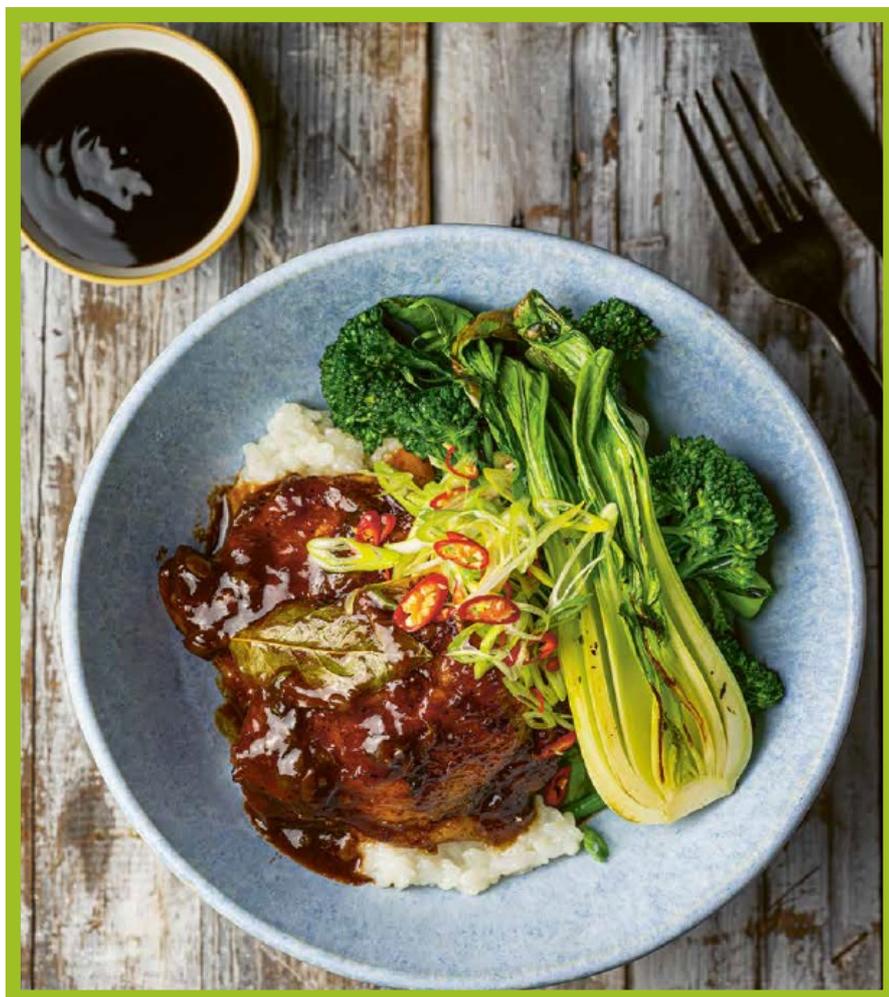




Chicken Adobo with Sticky Rice, Pak Choi and Broccoli



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

You will practise:



chopping



frying



tasting safely

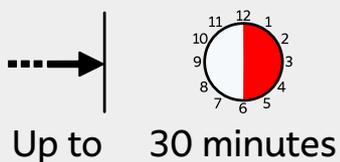


Meal information

Chop & Change



Preparation time



Cooking time



Serves



Nutrition in each serving:



Calories
(kcal)

858



Protein
(g)

49.9



Carbohydrate
(g)

50



Fat
(g)

51.6



Fibre
(g)

6.6



Ingredients

Chop & Change



For the rice:



200g sushi rice,
rinsed until the
water runs
clear



200ml water



sea salt



For the chicken:



8 bone in, skin
on chicken
thighs



2 tablespoons
granulated
white sugar



8 garlic cloves,
peeled and
finely chopped



3 bay leaves



4 spring
onions, roughly
chopped



1 teaspoon
vegetable oil



100ml soy
sauce



400ml coconut
milk



100ml rice wine
vinegar



sea salt



cracked black
pepper



Ingredients

Chop & Change



For the pak choy and broccoli:



1 teaspoon of vegetable oil



2 heads of pak choy, cut in half length ways



400g stem broccoli



sea salt



cracked black pepper



For the garnish:



2 spring onions, finely sliced



1 red chilli, finely sliced



Equipment

Chop & Change



hob



pan



frying pan



chopping board



measuring jug



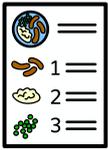
knife



teaspoon

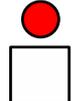
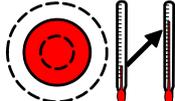


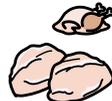
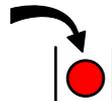
tablespoon



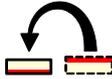
Method for the Chicken

1.  Season the chicken thighs with  salt,  pepper and  vegetable oil.

2.  Put a large frying pan over  a medium heat. 

3.  Place the chicken thighs skin side  down  in  the hot  pan. 

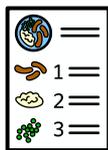
4.  Fry for 6-8 minutes  until  the skin is golden brown. 

5.  Turn over the chicken thighs. 

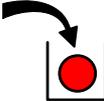
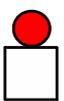
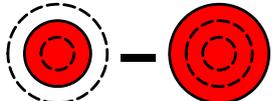
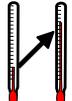
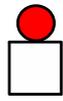
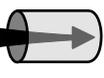
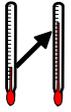
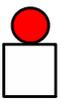
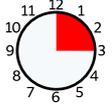
6.  Add the soy sauce,  coconut milk,  rice wine vinegar and  sugar.

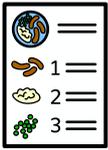
7.  Add the garlic cloves,  bay leaves  and  4  spring onions.

8.  Bring to a simmer for  15 minutes.



Method for the Rice

1. Put the rinsed  into  a pan. 
2. Add  200ml water  and season  with salt. 
3. Put the pan  on  a medium-high  heat. 
4. Bring the pan  to the boil. 
5. Stir  the rice  and put a lid  on  the pan. 
6. Let  steam  build up  inside  for  30  seconds.
7. Turn off  the heat. 
8. Leave  the rice  in  the pan  with the lid  on  for 15 minutes. 
9. Fluff up  the rice  with a fork. 



Method for the Vegetables

1. Put a frying pan on a high heat.





2. Add 1 teaspoon of vegetable oil.

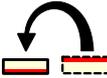



3. Fry the pak choi and broccoli for 1 minute.



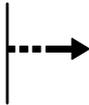



4. Turn over and fry for 1 minute.





5. They should be starting to brown but still be crunchy and green.

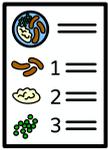





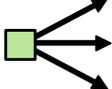
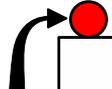
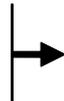
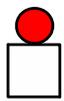
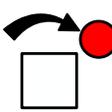
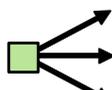
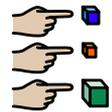
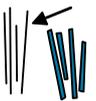

6. Season with salt and cracked black pepper.







To Serve

1.  Share  the rice  onto  4  plates.
2.  Remove  the bay leaves  from the  chicken thighs.
3.  Place two  chicken thighs  on top of  the rice.
4.  Spoon  the sauce  over the  chicken thighs.
5.  Share  the pak choi and  broccoli  between each  plate.
6.  Sprinkle  with  the  finely  sliced  spring onions.
7.  Sprinkle  with  the  finely  sliced  red chilli.