



READY TO COOK
BY HARRIS FARM

STICKY BLACK BEAN SAUCE CHICKEN WITH RICE AND ASIAN GREENS



PREP
5 min



COOK
20 min



SERVES
4

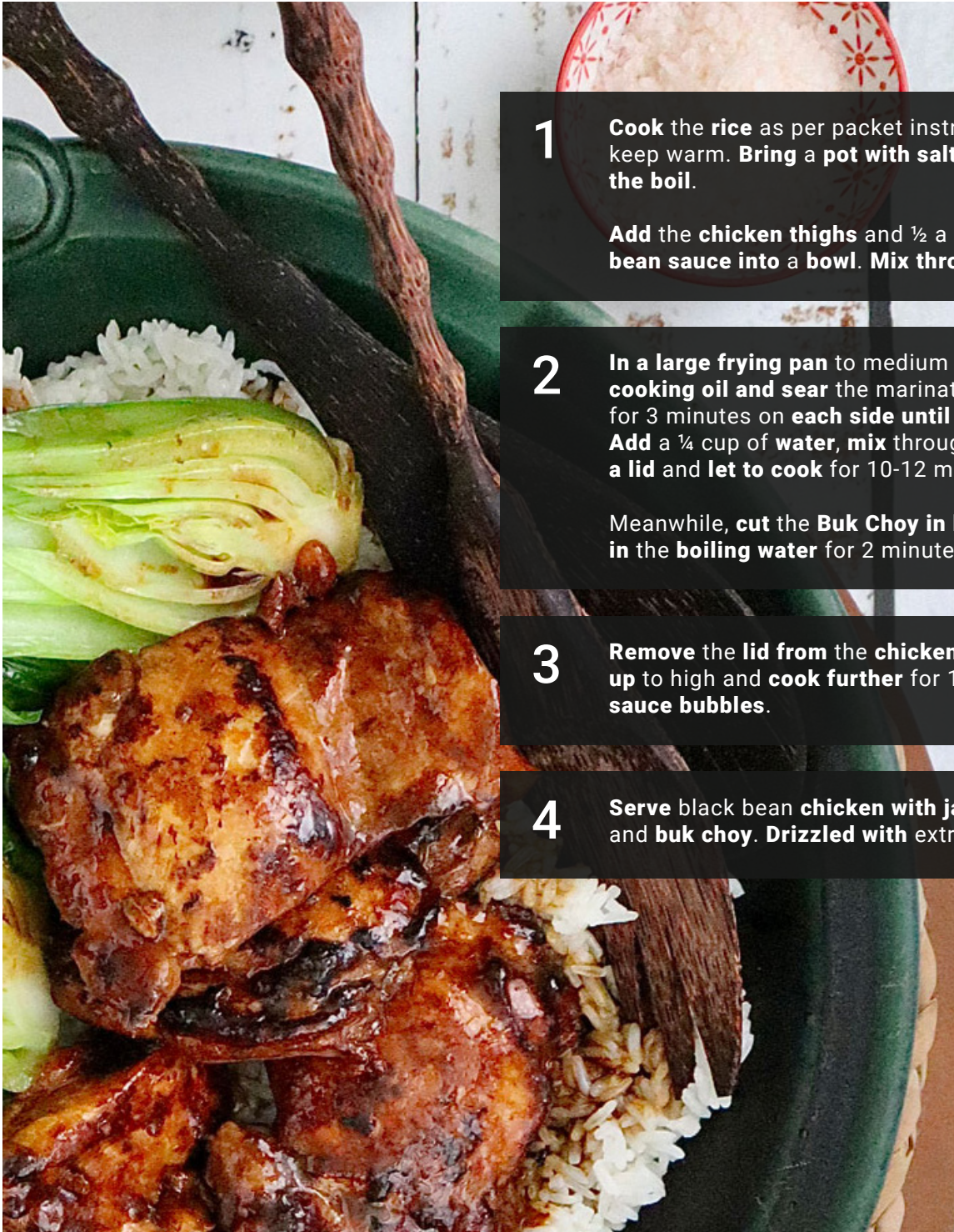
INGREDIENTS:

- > 500g Chicken Thighs
- > 120ml Black Bean Sauce
- > 2 Cups Jasmine Rice
- > 2 Bok Choy Bunches

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil

METHOD – GET COOKING!



1

Cook the rice as per packet instructions and keep warm. **Bring a pot with salted water to the boil.**

Add the chicken thighs and ½ a bottle of **black bean sauce** into a bowl. **Mix through.**

2

In a large frying pan to medium heat, **drizzle cooking oil** and **sear the marinated chicken** for 3 minutes on **each side until golden brown.** **Add a ¼ cup of water, mix through, cover with a lid** and **let to cook** for 10-12 minutes.

Meanwhile, **cut the Buk Choy in half** and **cook in the boiling water** for 2 minutes. **Drain well.**

3

Remove the lid from the chicken. **Turn heat up to high** and **cook further** for 1 minute **until sauce bubbles.**

4

Serve black bean chicken with jasmine rice and **buk choy.** **Drizzled with extra pan juices.**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use left over rice for another of your favourite curries.
- Add some lemon juice to the sauce if preferred.
- Add some more water to the sauce if too thick or more sauce if too runny.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au