



The Gathered Green

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## ASIAN GLAZED CHICKEN, BOK CHOY & ASPARAGUS

Thank you to [sweetpealiving.blog](http://sweetpealiving.blog) for the recipe and picture. Serves 6.

### Ingredients

- 1 tablespoon coconut oil
  - 2-3 garlic cloves, minced
  - 1 onion, finely chopped
  - 1 teaspoon rock salt
  - 1 teaspoon cumin
  - 8 chicken thighs, bone in and skin on
  - 1 to 2 bunches bok choy, trimmed and chopped
  - 1 bunch asparagus, chopped into bite-sized pieces
  - 2 carrots, shredded
  - 1 teaspoon chili flakes
  - 1 tablespoon sesame seeds.
- Sauce Ingredients**
- ½ cup chicken/vegetable stock, homemade or additive free.
  - 1/3 cup rice vinegar
  - ¼ cup tamari or coconut aminos
  - 2 tablespoon ginger, grated
  - 2 tablespoon coconut sugar (or brown sugar)
  - 2 tablespoons sesame oil





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## Method

Preheat oven to 205 degrees Celsius.

Heat up coconut oil in a large oven proof pan over medium high heat. Add garlic and onion to pan and cook for about 2 minutes until fragrant.

Season the chicken liberally with salt and cumin on all sides. Place chicken thighs in pan with the skin-sides face down. Turn heat on high and cook until skins of the chicken are crispy, about 10 minutes.

Turn off heat from burner. Flip chicken thighs so that the skins are showing. Place bok choy into pan, around chicken. Place pan in oven, uncovered for 20 minutes.

Cut asparagus into bite-sized pieces and place in large bowl. Then add finely shredded carrots. Spice with chili flakes.

Mix sauce ingredients and set aside.

After 20 minutes, add vegetable mixture and sauce to pan. Return pan to the oven for 10 minutes or until chicken is fully cooked.

Serve hot and enjoy!

Enjoy!

Jane

