



Poached Ginger Chicken

🕒 20 MINS PREP | 🕒 30 MINS COOK | 🍴 4 SERVINGS

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INGREDIENTS

1 pound Boneless Skinless Chicken Thighs
 4 inches Fresh Ginger Sliced into pieces
 2 Green Onions (Scallions)
 3 tablespoons Vegetable Oil (or Avocado Oil)
 3 Green Onions (Scallions) chopped (with white and green parts separated)
 3 tablespoons Low Sodium Soy Sauce
 1/2 teaspoon Granulated Sugar
 1/2 cup Water (the water you cooked the chicken in)
 2 tablespoons Fresh Ginger minced

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 496mg
Total Fat 15g	Saturated Fat 2.12g
Carbs 4.1g	Fruits 0 servings
Calories 251kcal	Vegetables 0.19 servings
Fiber 0.74g	Added Sugar 0.52g

Method

- In a medium-large pot, bring about 6 cups of water to boil with the slices of ginger and 2 scallions.
- Lower the chicken into the pot and bring back up to a boil.
- Once boiling, immediately reduce heat to low and cover to simmer for 10 minutes. You don't want the water to be boiling, just gentle bubbles.
- After 10 minutes, turn off the heat and to continue cooking in the liquid for another 15 minutes. Keep the lid on.
- Remove chicken from the pot and place in an ice bath for 3-5 minutes to allow it cool.
- Meanwhile start heating up a small frying pan over medium heat to make the sauce.
- Once chicken is cooled, shred and put on a plate or bowl.
- Add the 3 tbs oil to your frying pan and add the white part of the sliced scallions. Cook until lightly golden and place them on top of the chicken.
- Next, add in the remaining ingredients (water from the pot you used to cook chicken, shoyu, sugar, ginger and sliced green onions).
- Bring to boil and pour over the shredded chicken.

