

Guinataan Chicken Adobo



Sirve:

5

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Chicken Adobo is an easy and flavorful meal that takes little to no effort to prepare. Infused in coconut milk, this recipe is simmered to perfection in the 3 Qt./2.8 L Ultimate Culinaire! Serve with a side of wild rice!

Hungry for more? Check out this [Saladmaster Ultimate Culinaire promotion!](#)

5 chicken thighs, boneless, skinless

$\frac{3}{4}$ cup

white vinegar

(191

g)

$\frac{3}{4}$ cup

water

(177

ml)

1 tbsp

sugar

(12
g)
1/4 cup
soy sauce, low sodium

(59
ml)
2 bay leaves
1 tsp
black pepper

(2
g)
1/2 medium onion, diced
2 garlic cloves, whole
14 oz
coconut milk

(381
ml)
pinch salt (optional)

Preparación :

1. Preheat Ultimate Culinaira over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add chicken thighs, vinegar, water, sugar, soy sauce, bay leaves, pepper, onion and garlic, cover and when Vapo-Valve™ begins to click turn heat down to low and cook for for 25 minutes.
3. Remove chicken, simmer and reduce liquid, approximately 5 mins. Add salt (optional) and coconut milk and simmer until thickened, approximately 7 mins.
4. Add cooked chicken back into sauce and simmer for 5 minutes.
5. Serve with a side or over rice.

Información nutricional por ración

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Calorías: 129
Grasa Total: 4g
Grasa 2g
Saturada:
Colesterol: 57mg
Sodio: 298mg
Carbohidratos: 6g
Fibra 0g
Dietética:
Azúcar: 5g
Proteína: 14g