



HOME CHEF

Healthy Takeout Bourbon Chicken

With Chicken Thighs, Water Chestnuts, Broccoli, and Jasmine Rice



Craving take-out? Get your fix without clogging your arteries with our dead-simple and healthy version of this classic dish. Chicken thighs (which are loaded with flavor and moisture) marry perfectly with crunchy water chestnuts and broccoli. Everything's bathed in a sweet and savory homemade sauce before being spooned over fragrant, warm jasmine rice.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 624
Carbohydrates: 55g
Fat: 23g
Protein: 61g
Sodium: 1271mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Even though this dish doesn't contain any alcohol, we would strongly suggest sipping a glass of the good stuff—like Bulleit (if you're budget-minded), alongside your dinner.

INGREDIENTS

¾ Cup Jasmine Rice
1 Tbsp. Light Brown Sugar
2 Tbsp. Soy Sauce, Gluten-Free
1 Tbsp. Apple Cider Vinegar
1 Lb. Chicken Thighs
3 Green Onions
2 Garlic Cloves
2 tsp. Ginger, Chopped
3 oz. Broccoli
2 ½ oz. Water Chestnuts
¼ tsp. Red Pepper Flakes

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Mixing Bowl
Medium Pan

DID YOU KNOW?

Bourbon chicken is not named after the whiskey (which isn't even an ingredient in many versions!), but after Bourbon St. in New Orleans, where the dish originated.

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Cook the Rice

Bring a medium pot with **rice** and 1 ½ cups **water** to a boil. Once boiling, season with a pinch of **salt and pepper**. Reduce to a simmer, cover, and cook for 18-20 minutes, or until tender. *Jasmine rice is a fragrant long grain variety of rice that is a natural with the sweet and salty sauce in this dish.*



Marinate Chicken

In a medium bowl, prepare marinade by combining **brown sugar, soy sauce, and apple cider vinegar**. Rinse **chicken thighs** and pat dry. Cut into 1" dice and place in bowl containing **marinade**. Thoroughly coat **chicken** with marinade.



Prepare the Ingredients

Thoroughly rinse produce and pat dry. Trim and thinly slice whites of **green onions**. Slice remaining green onions at an angle (bias). Mince **garlic**.



Start Cooking the Chicken

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Place **chicken** in pan and cook for 5 minutes until chicken is browned. Transfer to bowl along with any **juices** that have accumulated in pan (chicken will finish cooking later). Wipe out pan and return to medium heat. *These juices will help build the sauce.*



Finish the Dish

Heat 1 tsp. **olive oil** in the pan used to cook chicken. Add **ginger, garlic, white parts of green onions, and broccoli**. Cook for 5 minutes and return **chicken** and any **juices** back to pan. Cook for another 5 minutes and then add **water chestnuts**. Cook for 2 more minutes and remove from heat once chicken reaches a minimum internal temperature of 165 degrees. Season with a pinch of **salt and red pepper flakes** (to taste).



Plate the Dish

Divide **rice** between 2 bowls or plates and add a serving of **chicken** and **veggies**. Garnish with green parts of **green onions**.