

CHICKEN ADOBO W/ CORN & CUCUMBER SALAD

YIELD: 25 6 OZ. SERVINGS

Chef Ryan Eckles

Filipino Chicken Adobo is a simple dish that packs a big flavor punch. The combination of soy, vinegar, and sugar creates a salty-sweet tangy glaze that is hard to stop eating. Paired with the bright crunch of the corn and cucumber salad, this dish goes equally well on a bed of rice as it does in a taco. The adobo sauce is great to have in your rotation because it can also be used with beef, pork, fish, tofu, and vegetables. I have also used this recipe to make flatbreads, burritos, nachos, and even as a large salad over a bed of greens. The options are only limited by your imagination.

INGREDIENTS

FOR THE CHICKEN

- 3.125# chicken thighs
- ½ cup fresh garlic (minced)
- 2/3 cup gluten-free soy sauce
- 2/3 cup + 2 TBSP white vinegar
- 6 bay leaves (dry)
- ¼ cup vegetable oil
- 2 onions, diced
- 3 cups water
- ¼ cup + 2TBSP brown sugar
- 1 TBSP ground black pepper
- 1 bunch green onions to garnish

FOR THE SALAD

- 4 quarts corn
- 2 quarts cucumber, diced
- 2 cups red onion, diced
- 1 bunch cilantro, finely chopped
- 1 cup lime juice, fresh
- ½ cup olive oil or blend oil
- ½ tsp salt

DIRECTIONS

1. Combine half the garlic, soy sauce, vinegar, and bay leaves and marinate chicken for 20 minutes to 24 hours.
2. Heat half the oil over high heat. Sear chicken on both sides (reserving liquid) until brown and remove.
3. Heat remaining oil and add garlic and onion. Cook for 2-3 minutes. Add the reserved marinade, water, sugar, and black pepper and bring to a simmer.
4. Add chicken and cook for 15-20 minutes until sauce reduces to a thick syrup and chicken is up to temperature.
5. Make the corn and cucumber salad by combining lime juice, sugar, salt and mix until crystals dissolve. Then whisk in oil. Add corn, cucumber, red onion, and cilantro to dressing and mix well. Store in fridge until ready to serve.

OPTIONS FOR SERVICE: Rice bowls, tacos, burritos, nachos, flatbread, salad.

RECIPE NOTES - CHICKEN ADOBO W/ CORN & CUCUMBER SALAD

Recipe credits as 2 oz. M/MA

Nutritional information*: 272 calories; 0.53 g sat. fat; 522 mg sodium; 32.5 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*