



Air Fryer Glazed Chicken Thighs with Bok Choy

4 servings

2 hours 30 minutes

Ingredients

3 tbsps Coconut Aminos
1 1/2 tbsps Rice Vinegar
2 tps Raw Honey
2 Garlic (clove, minced)
1/2 tsp Ginger (fresh, peeled, minced)
680 grams Chicken Thighs (boneless, skinless)
1 cup Jasmine Rice (dry, rinsed)
8 cups Bok Choy (baby, quartered)
4 grams Avocado Oil Spray
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small bowl, mix together the coconut aminos, vinegar, honey, garlic, and ginger. Place the chicken in a large bowl. Pour half of the sauce over the chicken and toss to coat. Cover and refrigerate for two hours or overnight. Refrigerate the remaining sauce.
- 2 Cook the rice according to the package instructions.
- 3 Meanwhile, preheat the air fryer to 400°F (205°C). Remove the chicken from the marinade, shaking off any excess. Place the chicken in the air fryer basket and cook for 13 to 15 minutes or until cooked through, flipping halfway. Remove the chicken and set it aside.
- 4 Reduce the heat to 325°F (165°C). Add the bok choy to the air fryer basket. Spray with the oil and season with salt and pepper. Cook for five to six minutes until softened and cooked through.
- 5 Meanwhile, heat a small pan over low heat. Warm the remaining sauce. Brush the remaining sauce on the chicken and bok choy. Divide the rice, chicken, and bok choy evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cups of rice, two chicken thighs, and 1 1/2 cups of bok choy.

More Flavor: Add sriracha or another hot sauce to the sauce.

Additional Toppings: Green onion, cilantro, and sesame seeds.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.