

VITAMIN

Vital health information in a minute

ADOBO-BRAISED CHICKEN

This recipe is a perfect dinner for the entire family! Healthy + delicious + easy to make.

Ingredients:

- › 2 pounds bone-in chicken, legs and thighs
- › ½ cup white vinegar
- › ¼ cup soy sauce
- › ⅛ cup coconut milk
- › 8 garlic cloves
- › 1 teaspoon black peppercorns
- › 3 bay leaves
- › 1 teaspoon kosher salt
- › Optional: scallion, grilled
- › Optional: brown rice

Directions:

Preheat oven to 450 degrees. Place chicken skin-side up in a casserole dish and season with salt. Add peppercorns, garlic and bay leaves. In a small pot, bring coconut milk, vinegar and soy sauce to a boil.

Once the liquid boils, pour over top of chicken. Then cover the chicken with foil and place in the oven. Cook for 30 minutes. Remove foil and cook for an additional 20 minutes until chicken is crispy and falls off the bone. Baste chicken periodically. Remove bay leaves. Serve with brown rice and grilled scallion (optional).



**Click here to watch
a video of this
recipe being made.**

Together, all the way.®



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