Spicy Korean Chicken Stew

Ingredients

2 lb boneless skinless chicken thighs

1 C water

2 russet potatoes, cut into large dice

1 carrot, large dice

1 onion, small dice

2 T mint leaves, chiffonaded

1 C brown rice

1.5 C water for rice

Sauce:

3 T Sriracha

2 T Sherry

2 T Tamari

1 T brown sugar

1 T minced garlic

1 tsp sesame oil

S+P TT

Procedure

1) Start cooking brown rice as normal

2) In the large pot, add the chicken, sauce and 1C water. Poach for 10 minutes

3) Add the potatoes, carrots and onion, simmering until chicken is fully cooked and vegetables are al dente

4) Combine with the rice, check seasoning, and portion out