

Chinese Chicken Thighs with Sticky Rice

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sticky-white-rice-recipe>

Ingredients:

- 1 1/3 pounds chicken thighs 4 thighs, boneless
- 4 tablespoons soy sauce
- 4 tablespoons pure maple syrup
- 1 teaspoon lemon rind
- 2 tablespoons lemon juice
- 1 tablespoon garlic infused oil
- 1 teaspoon ginger crushed
- 1 tablespoon neutral oil Rice bran, canola, sunflower
- 3 tablespoons water
- 3 1/8 cups chicken stock low FODMAP
- 1 5/8 cups white rice 10.58oz or 1 & 1/2 cups
- 13/16 cup leek green tips, roughly chopped
- 1/2 pound japanese pumpkin or spaghetti squash, deseeded, peeled & diced Or use parsnip/sweet potato
- 1/2 pound large carrots or 2, peeled & diced
- 6 1/3 ounces green beans cut into pieces
- 3 tablespoons fresh coriander cilantro to serve, optional
- black pepper
- 1 lemon large

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 130 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 41 grams

7. SaturatedFat: 6 grams
 8. Sodium: 1350 milligrams
 9. Sugar: 22 grams
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