



## From the Kitchen of Executive Chef Jessica VanRoo

### Vietnamese-Inspired Cinnamon Lemongrass Chicken Stew

Serves 4-6

#### Ingredients

- 2 tablespoons avocado or canola oil, more as needed
- 2 pounds chicken pieces, bone in, such as thighs or legs
- 3 whole star anise
- 2 (4-inch) sticks cinnamon
- 1 onion, diced
- 1-inch ginger, finely minced or grated
- 3 cloves garlic, finely minced
- 4 carrots, sliced ½-inch-thick
- 1 stalk lemongrass, smashed
- 1/4 cup tomato paste
- 3 to 5 cups chicken or vegetable broth, as needed
- 1 ½ tablespoons date syrup or brown sugar
- 2 bay leaves
- 2 tablespoons low sodium tamari, more as needed
- 2 tablespoons fish sauce or vegetarian fish sauce
- 3 green onions, thinly sliced, for garnish
- ¼ cup chopped cilantro, for garnish
- Rice or bread for serving



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## **Vietnamese-Inspired Cinnamon Lemongrass Chicken Stew**

### **Instructions**

1. Heat a pot over medium high heat. Once the pot is hot, add the oil into the pot. When the oil is hot, add the chicken in and cook until browned on both sides. Don't worry about cooking it through. Remove it from the pot, and set it aside.
2. Add more oil to the pan, if needed, and sauté the star anise and cinnamon until fragrant. Add the onion, ginger, garlic, carrots and lemongrass. Cook until onions are translucent.
3. Add the tomato paste into the pan and sauté for 20-30 seconds. Deglaze the pan with broth and return the chicken into the pot.
4. Add the syrup, bay leaves, soy sauce, and fish sauce. Bring everything up to a boil and then cover the pot, reduce to a simmer and cook for 30-40 minutes or until chicken is tender.
5. Garnish with green onions and cilantro, and serve with rice or bread.