

Chicken Tinola

By: Alyanna Posadas

Prep: 15 minutes **Cooking:** 60 minutes **Total time:** 1 hour 15 minutes

Ingredients

- 4 skinless chicken thighs (can be bone-in or boneless) or 6 chicken legs
- 2.5 tablespoons of ginger
- 4 small sticks of lemongrass
- 1 teaspoon of garlic
- 1 chayote
- 1 chicken stock cube
- 1 bag or spinach
- 2 pak choi
- 1 teaspoon of fish sauce
- Salt and pepper to taste

Materials

- 1 cutting board
- Measuring cups and spoons
- 1 pot
- Knife
- Optional: rolling pin



Ingredients

Prep

- Season the chicken on both sides with salt and pepper to taste. Save some salt for the soup later.
- Mince the garlic and ginger.
- Peel apart the bok choy from the main stem. Wash each one, focusing on the bulbous white part near the base. Cut to separate the white from the green part. Set aside.

Cook

- Heat your pot to medium-high.
- Lightly sear the chicken on both sides.
- Add in your ginger and garlic.
- Add water just until the chickens are submerged.
- Add the lemongrass
 - **Pro tip!** Break up the lemongrass. You can use the back of a knife or a rolling pin to smash it. Or you can snap it with your hands. This releases the flavor of the lemongrass.
- Add the chicken stock cube and fish sauce. Stir to incorporate everything.
- Add in the chayote/green papaya and the whites of the bok choy.
- Simmer the soup on low for 10 minutes.
- Add in the spinach/pepper leaves and green part of the pak choi.
- Cover and simmer for another 30-40 minutes on low. 40 minutes if bone-in chicken, 30 minutes if boneless.
- Serve hot with a side of white rice. Enjoy!