

Main

Chicken Tinola

This dish can also be made with fish or pork. It's a light, fragrant broth with green vegetables

Serves 4

Ingredients:

- 1 tablespoon cooking oil**
- 1 onion, chopped**
- 2 cloves garlic, crushed**
- 2 inch piece fresh ginger, peeled and thinly sliced**
- 1 tablespoon fish sauce**
- 3 pounds chicken legs and thighs, rinsed and patted dry**
- 700 ml chicken stock**
- 1 chayote squash, peeled and cut into bite-sized pieces**
(marrow or courgette are acceptable substitutes)
- salt and pepper to taste**
- 1 head bok choy, chopped**
- 230g spinach**

Instructions:

- 1. Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant.**
- 2. Quickly stir the ginger and fish sauce into the onion and garlic mixture before adding the chicken; cook together for 5 minutes.**
- 3. Pour the chicken broth over the mixture and cook for another 5 minutes. Add the chayote (or marrow/ courgette) to the mixture and simmer until the chicken is no longer pink in the centre, about 10 minutes more.**
- 4. Season with salt and pepper. Add the bok choy and spinach; cook until the spinach is just wilted, 1 to 2 minutes. Serve hot.**