

Savory Bok Choy Bacon Rice: A Flavor-Packed One-Pan Dinner

6 slices bacon, cut into 1/2-inch pieces



TIME
5 min

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INGREDIENTS

- 6 slices bacon, cut into 1/2-inch pieces
- 1 large head bok choy, sliced
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain white rice, rinsed
- 2 cups chicken or vegetable broth
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- Salt and black pepper to taste

Swaps and Notes:

Bacon: A thick-cut bacon will give you a heartier flavor and texture. You can also use a smoked ham or pancetta as a substitute.

Bok Choy: You can use baby bok choy or a regular head of bok choy. Slicing it into thin strips works best here.

Rice: Long-grain white rice works perfectly here, but you can also use jasmine or basmati rice. Just be sure to rinse it first.

Broth: Using chicken or vegetable broth instead of water adds a deep layer of flavor to the rice.

Soy Sauce: Low-sodium soy sauce is a great option if you're watching your salt intake.

Step-by-Step Instructions:

Cook the Bacon: In a large skillet or Dutch oven, cook the bacon pieces over medium-high heat until they are crispy. Remove the bacon with a slotted

spoon and set it aside on a paper towel-lined plate, leaving about 2 tablespoons of bacon grease in the skillet.

SautØ the Vegetables: Reduce the heat to medium. Add the chopped onion to the skillet and cook for 5 minutes, stirring occasionally, until it's soft and translucent. Add the minced garlic and sliced bok choy and cook for another 3-4 minutes until the bok choy has wilted slightly.

Toast the Rice: Add the rinsed rice to the skillet and stir for 1 minute to toast it slightly.

Create the Sauce: Pour in the chicken or vegetable broth, soy sauce, and sesame oil. Scrape up any browned bits from the bottom of the pan with a spoon-this is where a lot of the flavor lives! Stir everything together.

Simmer and Cook: Bring the mixture to a boil, then reduce the heat to low, cover the skillet with a tight-fitting lid, and let it simmer for 15-20 minutes, or until all the liquid has been absorbed and the rice is tender. Do not lift the lid during this time!

Rest and Fluff: Turn off the heat and let the skillet sit, covered, for 5 minutes. Fluff the rice with a fork, then stir in the reserved crispy bacon.

Serve: Season with salt and black pepper to taste. Serve the dish hot, directly from the skillet.

Tips for Success:

Rinse the Rice: This is a crucial step for a fluffy, non-gummy rice dish.

Use a Tight-Fitting Lid: A tight-fitting lid is essential for trapping the steam and ensuring the rice cooks properly.

Don't Overcook the Bok Choy: You want the bok choy to still have a little bite to it, so don't cook it for too long before adding the rice.

Rest is Best: Letting the rice rest after cooking is a non-negotiable step for achieving a perfect texture.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 450 kcal

Carbohydrates: 50g

Protein: 20g

Fat: 20g

Saturated Fat: 5g

DIRECTIONS

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12. Serving Suggestions and Pairings: This Savory Bok Choy Bacon Rice is a complete meal on its own. You can serve it with a side of steamed dumplings or a simple green salad. It would also make a fantastic side dish for a variety of meals, from grilled chicken to a simple fish dish. The savory, Asian-inspired flavors would go great with other hearty meals like this Mexican Chicken and Rice Casserole or a comforting bowl of Cajun Chicken Sausage Gumbo.
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Calories: 450 kcal
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15. Protein: 20g
16. Fat: 20g
17. Saturated : Fat: 5g
18. Cholesterol: 30mg
19. Sodium: 900mg
20. Fiber: 4g
21. Sugar: 2g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: Leftovers of this dish are fantastic. Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm it in the microwave or gently in a skillet on the stovetop with a splash of broth to add moisture.
24. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
25. This : Walking Taco Bar is my favorite no-fuss way to feed a crowd

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