



# Teriyaki Hens with Bok Choy

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 Cornish game hens (about 1 1/2 pounds each), halved
- Kosher salt and freshly ground pepper
- 3/4 cup low-sodium soy sauce
- 1/4 cup hoisin sauce
- 1/4 cup rice vinegar
- 12-inch piece ginger, peeled and sliced
- 2 small red chile peppers, halved (remove seeds for less heat)
- 1 bunch scallions
- 1 grapefruit, halved
- 1 medium head bok choy, thinly sliced
- 1 tablespoon toasted sesame oil
- 2 teaspoons sesame seeds, toasted, for garnish

## Instructions

Preheat the oven to 425 degrees F. Season the hens with salt and pepper and place skin-side up in a roasting pan. Roast until the skin is slightly crisp, about 25 minutes.

Meanwhile, combine the soy sauce, hoisin sauce, vinegar, ginger, 1 chile pepper and 1/4 cup water in a pot. Cut half of the scallions into large pieces, and zest and juice half of the grapefruit; add to the pot. Simmer, stirring occasionally, until thick and syrupy, about 20 minutes. Brush the hens with a few tablespoons of the sauce and continue roasting until golden, about 8 more minutes.

Peel and segment the remaining grapefruit half and place in a bowl. Thinly slice the remaining scallions and mince the remaining chile pepper; add to the bowl along with the bok choy, sesame oil, and salt and pepper to taste. Place half a hen on each plate.

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Stir any pan drippings into the remaining sauce and drizzle over the top. Serve with the bok choy salad and garnish with sesame seeds.

Photograph by Antonis Achilleos