

FOR THE
LITTLE ONESCOOKED
CHICKENORANGE
WEDGESRICE BALLS &
DICED AVOCADO

Chicken Rice Bowl

 25 Minutes 2 Servings Chicken

This family-friendly, vibrant take on the classic Hawaiian Poké bowl features golden chicken nuggets and fresh salad ingredients served over jasmine rice, all drizzled with a zesty orange and soy dressing.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0448 042 515** or email hello@dinnertwist.com.au

FROM YOUR BOX

JASMINE RICE	150g
GINGER	1 piece
ORANGE	1
AVOCADO	1
RED CABBAGE	1/2
TOMATO	1
DICED CHICKEN BREAST	300g

FROM YOUR PANTRY

sesame oil, soy sauce, vinegar (of choice)

COOKING TOOLS

frypan, saucepan

You can switch up this dish by making it into a fried rice or thread the chicken onto skewers to cook on the barbecue.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE JASMINE RICE

Place **rice** in a saucepan, cover with **275ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

tip Use a rice cooker if you have one!



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **sesame oil**. Add **diced chicken** to hot pan with **oil** and cook until golden all over. Add **1 tbsp dressing** and cook for a further 1-2 minutes or until **chicken** is cooked through.

tip Allow the chicken to turn golden on one side before turning.



2. MAKE THE DRESSING

Peel and grate **ginger**, zest **orange**. Combine with **juice from 1/2 orange**, **1 1/2 tbsp soy sauce**, **1 tbsp sesame oil** and **1 tbsp vinegar**. Set aside.

tip You can use apple cider vinegar, rice or white wine vinegar.



3. PREPARE THE TOPPINGS

Dice remaining **1/2 orange** and **avocado**, thinly slice **red cabbage** (use to taste) and wedge **tomato**.

tip Add any other topping you or your family like such as carrots, cucumber or capsicum.



5. FINISH AND SERVE

Divide **rice** among bowls. Top with **chicken** and **fresh toppings**. Serve with **dressing** to taste.