

for the
little onescooked
chickenorange
wedgesRice balls &
Diced avocado

Chicken Rice Bowl



25 Minutes



4-6 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.

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FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	150g + 300g
GINGER	1 piece	2 pieces
ORANGES	2	3
AVOCADO	1	2
RED CABBAGE	1/2	1/2
CHERRY TOMATOES	200g	2 x 200g
DICED CHICKEN BREAST	600g	600g + 300g

FROM YOUR PANTRY

sesame oil, soy sauce, vinegar (apple cider, rice or white wine vinegar)

COOKING TOOLS

large 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 with **550ml water**. Bring to the boil, cover and reduce to medium-low for 10–15 minutes. Remove from heat, rest 5 minutes, then fluff with a fork.

6P – use 825ml water.

tip Use a rice cooker if you have one!



4. COOK the CHICKEN

Heat a large pan with **sesame oil** on medium-high. Add **chicken** and cook until golden. Stir in **2 tbsp dressing** and cook 1–2 minutes until cooked through.

6P – use 3 tbsp dressing.

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



2. Make the DRESSING

Peel and grate **ginger, zest and juice 1 orange**. Mix with **3 tbsp soy sauce, 2 tbsp sesame oil and 2 tbsp vinegar**.

6P – Peel and grate ginger, zest and juice 1 1/2 orange. Mix with 4 1/2 tbsp soy sauce, 2 tbsp sesame oil and 3 tbsp vinegar.



5. FINISH AND SERVE

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



3. PREPARE the TOPPINGS

Dice remaining **orange** and **avocado**, thinly slice **red cabbage** (use to taste) and halve **cherry tomatoes**.

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