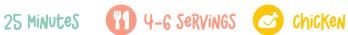


# Chicken Rice Bowl







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<br>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.



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.



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.



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

and halve cherry tomatoes.



## 5. finish and serve

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