

for the
little onesChicken Nuggets &
Sushi Rice Balls

Chicken with Curry Dip

Crunchy panko crumbed chicken nuggets served with sticky sushi rice and a yummy mild curry dip.



25 Minutes



4 Servings



Chicken

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FROM YOUR BOX

| | |
|--------------------|-----------|
| SUSHI RICE | 300g |
| PANKO CRUMBS | 80g |
| CHICKEN SCHNITZELS | 600g |
| LEBANESE CUCUMBERS | 2 |
| RED CAPSICUM | 1 |
| CURRY DIP | 2 sachets |

FROM YOUR PANTRY

oil / butter for cooking, salt, pepper

COOKING TOOLS

saucepan, large frypan

You can transform this dish (or leftovers) into chicken sushi!

Before you start cooking!

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

No gluten option – panko crumbs are replaced with GF cornflakes. Crush to use as a crumb.



1. COOK the Sushi Rice

Rinse **sushi rice** and place in a saucepan with **650ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork.

tip Use a rice cooker if you have one.



4. FINISH AND SERVE

Slice **cucumbers** and **capsicum**.

Serve chicken nuggets with rice, fresh cucumber, capsicum and **curry dip**.



2. PREPARE the chicken

Arrange **panko crumbs** on a plate or sheet of baking paper. Slice **chicken** into nuggets of desired size (we cut each schnitzel into quarters). Coat in **oil** and season with **salt and pepper**.



3. COOK the chicken

Heat a large frypan with **oil/butter** over medium heat. Press chicken into crumbs to coat. Cook, in batches, for 3-5 minutes on each side or until golden and cooked through.

tip We used a combination of oil and butter for cooking. Ensure it covers the whole base of the frypan.