

FOR the  
Little ONESfRESH  
VEGGIES

CURRY DIP

Chicken 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 4/6 Servings Chicken

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## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
PANKO CRUMBS	80g	80g + 40g
CHICKEN SCHNITZELS	600g	600g + 300g
LEBANESE CUCUMBERS	2	3
RED CAPSICUM	1	2
CURRY DIP	2 sachets	3 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.

**6P** - Use 975ml water for the rice.



### 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.



### 4. FINISH AND SERVE

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

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