Product Spotlight: Ginger

Store your ginger in the freezer! Peel or scrub before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!
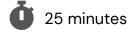
B4 # Teriyaki Chicken Sushi Bowl

Delicious sushi without the rolling! Sweet teriyaki chicken on a bed of sushi rice, served with a rainbow of veggie toppings, and finished with a crunchy seed mix.

🕐 25 minutes   🍴 4 servings   🍗 Chicken

11 March 2022

Spruce it up!

Sliced nori sheets, pickled ginger or even some wasabi (if you like the heat!) all add a little fun to the dish. You can easily add any of your favourite fresh toppings if preferred, such as mango or corn!

FROM YOUR BOX

SUSHI RICE	400g
GINGER	1 piece
CHICKEN TENDERLOINS	600g
AVOCADOS	2
RED CAPSICUM	1
CARROT	1
SEED MIX	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, vinegar (of choice), sugar (of choice)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

We used rice wine vinegar and brown sugar to make the dressing.

If you prefer a warmer dish you can cook the carrot and capsicum with the chicken.

1. COOK THE RICE

Rinse sushi rice and place in a saucepan with **500ml water**. Bring to the boil, then reduce the heat to low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork.

2. PREPARE THE DRESSING

Peel and grate ginger to yield 1/2 tbsp. Whisk together with **2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp vinegar**, **1/2 tbsp sugar** and **2 tbsp water**.

3. COOK THE CHICKEN

Coat chicken with 1 tbsp dressing. Cook in a frypan over medium heat with **sesame oil** for 4-5 minutes each side or until cooked through.

4. PREPARE THE TOPPINGS

Meanwhile, dice avocados and capsicum. Julienne or grate carrot (see notes).

5. FINISH AND SERVE

Divide rice among bowls. Top with even amounts of chicken (slice if preferred) and toppings. Serve with dressing to taste and garnish with seed mix.