



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Marinade Sauce


The marinade sauce used in this dish is made locally by The Ugly Mug Broth Kitchen! It has delicate Japanese flavours of sweet mirin and soy, perfect for adding a boost of flavour to this dish.

 THE UGLY MUG
BROTH KITCHEN

B4 Yakitori Chicken with Sushi Rice

Japanese marinated chicken, grilled until caramelised, served on a bed of sticky sushi rice with a side of sautéed Asian greens.

 25 minutes

 4 servings

 Chicken

12 August 2022

Make skewers!

You can cut the fillets in half or dice and thread them onto skewers along with the white ends of the spring onions. Cook the skewers on a griddle pan or BBQ for an extra charred flavour.

FROM YOUR BOX

SUSHI RICE	300g
CHICKEN THIGH FILLETS	600g
MARINADE SAUCE	1 sachet (100g)
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
RED CAPSICUM	1
BLACK SESAME SEEDS	1 packet (10g)

FROM YOUR PANTRY

sesame oil, salt, pepper, 1 garlic clove

KEY UTENSILS

saucepan with lid, 2 frypans

NOTES

You can add some crushed garlic or grated ginger to the marinade for an extra flavour boost!



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x water. Cover and bring to the boil. Reduce heat immediately to low. Cook, semi-covered, for 15–20 minutes until rice is tender and water is absorbed.



2. PREPARE THE CHICKEN

Coat chicken with 2 tbsp marinade sauce and **1 tbsp sesame oil** (see notes). Season with **salt and pepper**. Set aside.



3. PREPARE THE DRESSING

Combine remaining marinade sauce with **1 tbsp sesame oil** and **1 tbsp water**. Set aside.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Add chicken and marinade from bowl. Cook for 12–15 minutes, turning, until cooked through.



5. SAUTÉ THE VEGETABLES

Trim and slice spring onions and Asian greens into 4cm lengths. Slice capsicum. Heat a second frypan over medium-high heat with **sesame oil**. Add vegetables and **1 crushed garlic clove**. Cook for 5 minutes until softened.



6. FINISH AND SERVE

Slice chicken. Serve with rice and vegetables on plates. Garnish with sesame seeds and serve with dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

