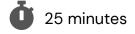


Jerk Chicken Bowl

with Red Rice

A festive bowl of red rice topped with grilled jerk spice chicken and rainbow veggies finished with a lime dressing.







Switch it up!

This dish works well with basmati rice or brown rice if you don't feel like red rice. You could also serve the ingredients in a taco or wrap!

TOTAL FAT CARBOHYDRATES

36g

13g

24 March 2023

FROM YOUR BOX

RED RICE	1 packet (150g)
CHICKEN SCHNITZELS	300g
JERK SPICE MIX	1 sachet
ТОМАТО	1
ORANGE	1
LEBANESE CUCUMBER	1
LIME	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, honey (see notes)

KEY UTENSILS

frypan or griddle pan, saucepan

NOTES

We used honey but coconut sugar, brown sugar, raw sugar or maple syrup would all work well.

You can use any remaining jerk spice to season roast veggies or stir it through yoghurt for a dip!



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. COOK THE CHICKEN

Coat chicken with oil, 1/2 jerk spice and salt (see notes). Heat a frypan or griddle pan over medium-high heat. Cook chicken for 3-4 minutes each side or until cooked through.



3. PREPARE THE TOPPINGS

Meanwhile, dice tomato and orange. Slice cucumber.



4. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 lime (wedge remaining) with 11/2 tbsp olive oil, 11/2 tbsp water, 1/2-1 tsp honey and salt.



5. FINISH AND SERVE

Divide rice among bowls. Add chicken along with even amounts of toppings. Spoon over dressing to taste and serve with lime wedges.



