



### Product Spotlight: Red Rice

Red rice has a natural red pigment in its bran layer. It has a bold floral flavour which adds another dimension to this dish!



## 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.



25 minutes



4 servings



Chicken

24 March 2023

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	9g	87g

## FROM YOUR BOX

RED RICE	1 packet (300g)
CHICKEN SCHNITZELS	600g
JERK SPICE MIX	1 sachet
TOMATOES	2
ORANGE	1
LEBANESE CUCUMBERS	2
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.

Use less jerk spice on the chicken if you prefer milder flavours. 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**, 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 tomatoes and orange. Slice cucumbers.



### 4. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 lime (wedge remaining) with **2 tbsp olive oil**, **2 tbsp water**, **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.

**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**

