



### Product Spotlight: Brown Rice

Brown rice takes a little longer to cook than basmati rice. In return, you're rewarded with an almost nutty flavour, a nice chewy consistency, and loads of vitamins and fibre.



## 2 Teriyaki Rice Salad with Chicken Skewers

Crunchy and colourful veggies, tender brown rice, free-range chicken skewers and a flavourful teriyaki sauce to add that final touch.

 30 minutes

 4 servings

 Chicken

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### *Faster option: stir-fry*

*If you're in a hurry, make a stir-fry instead. Slice carrots, celery and chicken, and remove corn kernels from the cob. Fry all in a frypan/wok with sesame oil. Season with soy sauce and sweet chilli sauce and serve over cooked rice. Wedge radishes and keep on the side if you'd like.*

## FROM YOUR BOX

BROWN RICE	300g
CHICKEN TENDERLOINS	600g
CARROTS	2
CORN COB	1
CELERY STICKS	2
RADISHES	1/3 bunch *
CHIVES	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, soy sauce, rice (or other) vinegar, brown (or other) sugar, pepper, 2 garlic cloves

## KEY UTENSILS

large frypan or BBQ, saucepan, skewers (optional)

## NOTES

For a different flavour profile, substitute the homemade teriyaki sauce for BBQ sauce, sweet chilli sauce, satay sauce or soy sauce.

If you prefer, slice the cooked chicken and add to the rice & veggie bowl.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse in cold water.



### 2. MIX THE SAUCE (SEE NOTES)

Crush **garlic** and mix with **3 tbsp soy sauce**, **2 tbsp vinegar**, **2 tbsp sugar**, **2 tbsp oil** and **2 tbsp water**.



### 3. MAKE THE SKEWERS

Thread chicken onto skewers and pour over **1/2 tbsp oil** and **1/2 tbsp soy sauce**.



### 4. COOK THE SKEWERS

Heat a frypan (or BBQ) over medium-high heat. Cook skewers for 4–5 minutes each side or until cooked through.



### 5. MAKE THE SALAD

Julienne or grate carrots, remove corn from cob, dice celery, wedge radishes and slice chives. Mix with rice and 1/2 the sauce (see notes), season with **pepper** and **extra soy**.



### 6. FINISH AND PLATE

Serve chicken skewers with rice salad and remaining sauce on the side.

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