

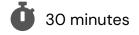


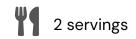


# **Spicy Chicken Rice Bowl**

## with Sesame Clusters

Crispy ginger chicken served over sushi rice with fresh avocado, crunchy cucumber and coriander, spicy aioli and surprising sesame seed clusters.







Spice it your way!

We added 1 tsp hot chilli sauce to the aioli. Add chilli sauce as desired. You can substitute chilli sauce with ground chilli or dried chilli flakes, or for a lowheat option, add ground paprika or tomato sauce or leave the aioli as is.

TOTAL FAT CARBOHYDRATES

92g

#### **FROM YOUR BOX**

SUSHI RICE	150g
SESAME CHILLI CLUSTER MIX	1 packet
CHICKEN SCHNITZELS	300g
GINGER	1 piece
LEBANESE CUCUMBER	1
AVOCADO	1
SHALLOT	1
CORIANDER	1 packet
AIOLI	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), honey, cornflour, chilli sauce

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

For seasoned sushi rice, add 2 tbsp rice wine vinegar and 1/2 tbsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

Sesame chilli cluster mix: mixed sesame seeds, mixed quinoa, dried chilli flakes, pepitas, coconut sugar.





## 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed (see notes).



## 2. MAKE THE SESAME CLUSTERS

Heat a large frypan over medium heat with 3 tsp oil. Add cluster mix and cook for 3-4 minutes until toasted. Set aside on a lined plate to cool. Sprinkle with salt if desired. Reserve frypan.



### 3. COOK THE CHICKEN

Cut schnitzels into thirds. Coat in salt, pepper and 1 tbsp cornflour. Reheat pan over medium-high heat. Add chicken and cook for 4 minutes each side. Peel and grate ginger. Add to pan with 1 tbsp soy sauce, 1 tsp honey and 2 tbsp water. Cook for a further 2 minutes.



## 4. PREPARE THE TOPPINGS

Slice **cucumber** into crescents and dice **avocado**. Thinly slice **shallot**. Roughly chop **coriander** stems and pick leaves.



## **5. MAKE THE SPICY AIOLI**

Add aioli to a bowl along with 1 tbsp water and chilli sauce to taste (see cover).



#### 6. FINISH AND SERVE

Divide rice among bowls. Top with chicken and fresh toppings. Drizzle over spicy aioli and top with sesame clusters.

