



### Product Spotlight: Ginger

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!



## Spicy Chicken Rice Bowl with Sesame Clusters

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



30 minutes



4 servings



Chicken

## 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 low-heat option, add ground paprika or tomato sauce or leave the aioli as is.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	56g	85g

## FROM YOUR BOX

SUSHI RICE	300g
SESAME CHILLI CLUSTER MIX	1 packet
CHICKEN TENDERLOINS	600g
GINGER	1 piece
LEBANESE CUCUMBERS	2
AVOCADOS	2
SHALLOT	1
CORIANDER	1 packet
AIOLI	2 packets

## 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 1/4 cup rice wine vinegar and 1 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 1.5 x water. Cover and bring to a boil. Reduce heat immediately to 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 **1 tbsp 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

Season **chicken** with **salt and pepper**. Sprinkle over **2 tbsp cornflour** to coat. Reheat pan over medium-high heat. Add chicken and cook for 4 minutes each side. Peel and grate **ginger**. Add to pan with **2 tbsp soy sauce, 2 tsp honey and 1/4 cup water**. Cook for a further 2 minutes.



### 4. PREPARE THE TOPPINGS

Crescent **cucumbers**. Dice **avocados**. Thinly slice **shallot**. Roughly chop **coriander** stems and pick leaves.



### 5. MAKE THE SPICY AIOLI

Add **aioli** to a bowl along with **1 1/2 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.



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