



### 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



4/6 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
	41g	47g	68g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
SESAME CHILLI CLUSTER MIX	1 packet	2 packets
CHICKEN TENDERLOINS	600g	600g + 300g
GINGER	1 piece	1 piece
LEBANESE CUCUMBERS	2	3
AVOCADOS	2	3
SHALLOT	1	2
CORIANDER	1 packet	2 packets
AIOLI	2 packets	3 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.*



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### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml 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).

**6P** – use **975ml water**.



### 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**, then coat with **2–3 tbsp cornflour**. Cook in a pan over medium–high heat for 4 mins each side. Add **grated ginger**, **2 tbsp soy sauce**, **2 tsp honey** and **1/4 cup water**, then cook 2 mins more.

**6P** – use **4 tbsp soy sauce**, **3 tsp honey** and **1/2 cup water**.



### 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).

**6P** – use **2 tbsp water**.



### 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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