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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Rainbow Chicken Poke Bowl

Tender chicken over brown rice with crisp capsicum, cucumber, carrot and corn, finished with a soy-sesame dressing.

30 minutes 2 servings Chicken

FROM YOUR BOX

BROWN RICE	150g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
CORN COB	1
CHICKEN TENDERLOINS	300g

FROM YOUR PANTRY

sesame oil, soy sauce, apple cider vinegar, sugar (of choice)

NOTES

You can use these ingredients to make a chicken fried rice instead! Sauté the capsicum, carrot and corn with the chicken and sauce. Add some garlic or ginger. Toss with cooked rice and garnish with fresh cucumber.

Switch up the flavours and turn this dish into a chicken taco bowl. Season the chicken with Mexican spices and serve with salsa, guacamole or sour cream instead of the soy dressing.

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1. COOK THE RICE

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

2. PREPARE THE TOPPINGS

Dice **capsicum** and **cucumber**. Grate or julienne **carrot**. Remove **corn** from cob. Keep separate.

TIP *You can add diced avocado, sliced nori sheets, radishes, sprouts or shredded cabbage to your poke bowl if you want to switch up the toppings.*

3. COOK THE CHICKEN

In a bowl, combine **1 tbsp soy sauce**, **1 tbsp sesame oil**, **1/2 tsp sugar** and **1/2 tbsp vinegar**. Coat **chicken** with **1/2 tbsp prepared sauce**. Heat a frypan over medium-high heat with **sesame oil**. Cook **chicken** for 3-5 minutes each side or until cooked through.
Stir **1/2 tbsp water** through remaining **sauce** and reserve for **dressing**.

TIP *You can use 1 tbsp orange juice instead of adding the water and sugar to your dressing. We used brown sugar for the dressing.*

4. FINISH AND SERVE

Divide **rice, chicken** and **toppings** among bowls. Spoon over **dressing** to taste.

TIP *Garnish your poke bowl with toasted sesame seeds or togarashi spice if you have some.*

This recipe has simplified instructions to help lower your meal cost.