



Rainbow Chicken Poke Bowl

Fresh and bright flavours featuring crisp capsicum, juicy corn, and tender chicken over brown rice, with a soy-sesame dressing to bring it all together.



30 minutes



4 servings



Chicken

FROM YOUR BOX

BROWN RICE	300g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
CORN COB	1
CHICKEN TENDERLOINS	600g

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.

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 more toppings.*

3. COOK THE CHICKEN

In a bowl, combine **2 tbsp soy sauce**, **2 tbsp sesame oil**, **1 tsp sugar** and **1 tbsp vinegar**. Coat **chicken** with 1 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 tbsp water** through remaining sauce and reserve for dressing.

TIP *You can use 2 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.