



# Sticky Chicken Rice Bowl

Tender chicken thigh fillets marinated in a sweet and savoury soy glaze, pan-seared until caramelised. Served over sushi rice with charred Asian greens and spring onion.



35 minutes



2 servings



Chicken

## FROM YOUR BOX

SUSHI RICE	150g
RED CHILLI	1
CHICKEN THIGH FILLETS	300g
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
GARLIC CLOVE	1

## FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce, honey

## NOTES

You can add sliced capsicum, carrot or mushrooms to the stir fry if you would like more vegetables.

Instead of using the honey soy marinade you can use a pre made teriyaki, oyster sauce or stir fry sauce of choice.

## 1. COOK THE RICE

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

**TIP** *For extra fragrance, add a small piece of ginger to the rice while cooking.*

## 2. MARINATE THE CHICKEN

Finely chop **chilli**. In a bowl, combine **3 tsp soy sauce**, **3 tsp tbsp honey**, **3 tsp water**, and half the chilli. Add **chicken thighs**, turning to coat. Set aside to marinate for 10 minutes.

**TIP** *Add 1 tsp grated ginger or garlic for extra depth of flavour. Remove chilli seeds for less heat.*

## 3. COOK THE VEGETABLES

Trim **Asian greens** (use to taste) and **spring onions** and slice into 5cm lengths. Chop **garlic**. Heat a large frypan over high heat with **oil**. Cook greens and garlic for **3-4 minutes** until slightly charred and tender. Remove and set aside.

**TIP** *Use sesame oil for fragrance.*

## 4. COOK THE CHICKEN

Reheat the pan over medium-high heat with **oil**. Add chicken, cooking for 4-5 minutes per side until caramelised and cooked through. Pour in remaining marinade and simmer for 2 minutes until sticky.

**TIP** *Deglaze the pan with 1 tbsp water if the sauce reduces too quickly.*

## 5. FINISH AND SERVE

Serve chicken and pan juices over sushi rice, with a side of greens. Garnish with reserved red chilli.

**TIP** *Sprinkle with toasted sesame seeds or fried shallots for texture and flavour.*

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