



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



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.



30 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
RED CHILLI	1	1
CHICKEN THIGH FILLETS	600g	600g + 300g
ASIAN GREENS	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches
GARLIC CLOVE	1	2

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.

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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 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 **2 tbsp soy sauce**, **1 tbsp honey**, **2 tbsp water**, and half the chilli. Add **chicken thighs**, turning to coat. Set aside to marinate for 10 minutes.

6P – combine **3 tbsp soy sauce**, **2 tbsp honey**, **3 tbsp water** and **half the chilli**.

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** 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**.

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