



Product Spotlight: Nori Sheets

Nori is a dried seaweed rolled into sheets (raw) and roasted (aka sushi paper). It is a powerhouse of essential nutrients and a wonderful dietary inclusion.



2 Californian Chicken Rolls

Spiced chicken strips with fresh salad, avocado and fragrant quinoa all wrapped up in a nori roll, served with lightly pickled ginger.

 35 minutes

 4 servings

 Chicken

15 February 2021

Mix it up!

If you don't feel like making the rolls you can transform this dish into a bowl instead! Divide the quinoa among bowls, top with salad, chicken and ginger. Slice the nori sheets into strips and use to garnish.

Per serve: **PROTEIN** 43g **TOTAL FAT** 13g **CARBOHYDRATES** 48g

FROM YOUR BOX

QUINOA KIT	1 packet
CHICKEN STIR-FRY STRIPS	600g
AVOCADO	1
CARROTS	2
CONTINENTAL CUCUMBER	1/2 *
SPROUTS	1/2 punnet *
NORI SHEETS	1 packet
PICKLED GINGER	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, ground cumin (or coriander)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can get everyone involved and assemble the rolls at the table! This way everyone can pick what they want in their individual rolls.

If you have any leftover fillings you can toss them together to make a salad.



1. COOK THE QUINOA

Place quinoa and **2 cups water** in a saucepan. Cover and bring to a simmer over medium-high heat for 15 minutes. Take off heat and leave to sit for 5 minutes until water has absorbed.



2. COOK THE CHICKEN

Coat chicken with **2 tsp cumin**, **1 tbsp soy sauce** and **oil**. Heat a frypan over medium-high heat. Cook chicken for 6-8 minutes until cooked through.



3. PREPARE THE FILLINGS

Slice avocado. Cut carrots and cucumber into matchsticks. Set aside with sprouts.



4. ASSEMBLE THE ROLLS

Lay a nori sheet on a flat dry surface. Lay an even amount of quinoa, fresh vegetables and chicken on the bottom third of the nori sheet (see notes).



5. ROLL UP TO ENCLOSE

Gently but firmly, roll the edge closest to you towards the centre of the nori wrap until fully rolled up. Dab the edge with water to help seal. Repeat steps 4 and 5 until all nori sheets are filled.



6. FINISH AND PLATE

Slice chicken rolls in half. Serve with pickled ginger (to taste) and soy sauce for dipping if desired.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

