X2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Sushi Rolls

Easy to make sushi rolls with tender chicken, sticky rice and fresh veggie sticks.

40 minutes | 2 servings | Chicken

FROM YOUR BOX

SUSHI RICE	150g
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
CARROT	1
CHICKEN SCHNITZELS	300g
NORI SHEETS	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce (optional)

NOTES

You can use a bamboo mat or baking paper to help roll the sushi if preferred.

Instead of making sushi rolls you can transform this dish into a bowl. Assemble bowl with rice, top with chicken and fillings. Slice nori sheets and use as garnish.

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1. COOK THE RICE

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

TIP *After the rice is cooked you can season it with sushi seasoning sauce if you have some. We stirred through 1/2 tbsp apple cider vinegar and 1/2 tsp sugar.*

2. PREPARE THE FILLINGS

Cut **cucumber** and **capsicum** into batons. Julienne or grate **carrot**. Heat a frypan over medium heat with **oil.** Coat **chicken** with **soy sauce (or salt and pepper)** and cook for 3-5 minutes each side or until cooked through. Remove and slice.

TIP *You can add sliced avocado or mango if you have some.*

3. ASSEMBLE THE ROLLS

Lay **1 nori sheet**, shiny-side down, across a board (see notes). Wet fingers, spread a thin layer of **rice** across sheet, leaving a strip on the far side uncovered. Lay **fillings** across **rice**, from one side to the other (see tip). Starting with the edge closest to you, wrap the **nori** around **rice** and **fillings**. Roll forward into a log, pressing gently. Repeat with remaining rolls.

TIP *We spread an even strip of mayonnaise on top of the rice for a creamy texture.*

4. FINISH AND SERVE

Slice **sushi** into 3cm slices (optional). Serve with **soy sauce** or **condiments of choice.**

TIP *You can serve the sushi with mayonnaise or wasabi as well as soy sauce.*

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