



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Brown Rice


Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



## 1 Chicken Poké Bowl

The poké (pronounced po-kay) bowl is a popular Hawaiian dish with pink salmon and fresh toppings. This version is full of goodness with avocado, crunchy cucumber and a zingy ginger dressing.

 20 minutes

 2 servings




 Chicken

2 April 2021

### Spice it up!

*There are many fun garnishes you can add to your bowl! Try adding some sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use grilled chicken or even prawns and add mango or radishes.*

## FROM YOUR BOX

BROWN RICE	150g
ASIAN DRESSING	2 tbsp *
ORANGE	1
AVOCADO	1
BABY CUCUMBERS	1/2 punnet *
YELLOW CAPSICUM	1
CORIANDER	1/2 packet *
DICED CHICKEN BREAST 	300g
SESAME SEEDS	1 packet (20g)
 COOKED BEETROOT	1 packet
 CARROTS	2

\*Ingredient also used in another recipe


## FROM YOUR PANTRY

oil (sesame or other), soy sauce

## KEY UTENSILS

saucepan, frypan


## NOTES

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.

 **VEG OPTION** – Set oven to 220°C. Cook the rice as above. Dice beetroots and carrots. Toss on a lined oven tray and roast for 20 minutes or until golden and tender.



### 2. MAKE THE DRESSING

Whisk 2 tbsp Asian dressing with orange juice (add 1 tsp grated zest for extra flavour). Set aside.



### 3. PREPARE THE TOPPINGS

Slice avocado, cucumber and capsicum. Chop coriander. Set aside.



### 4. COOK THE CHICKEN


Heat a frypan with oil over medium-high heat. Add chicken and cook for 6–8 minutes or until cooked through. Season with 1 tsp soy sauce.

 **VEG OPTION** – Skip this step.



### 5. FINISH AND PLATE

Divide rice, chicken and toppings among bowls. Spoon over dressing to taste and sprinkle with sesame seeds.

 **VEG OPTION** – Divide rice, roasted veggies and toppings among bowls. Spoon over dressing to taste and sprinkle with sesame seeds.

**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](mailto:hello@dinnertwist.com.au)

