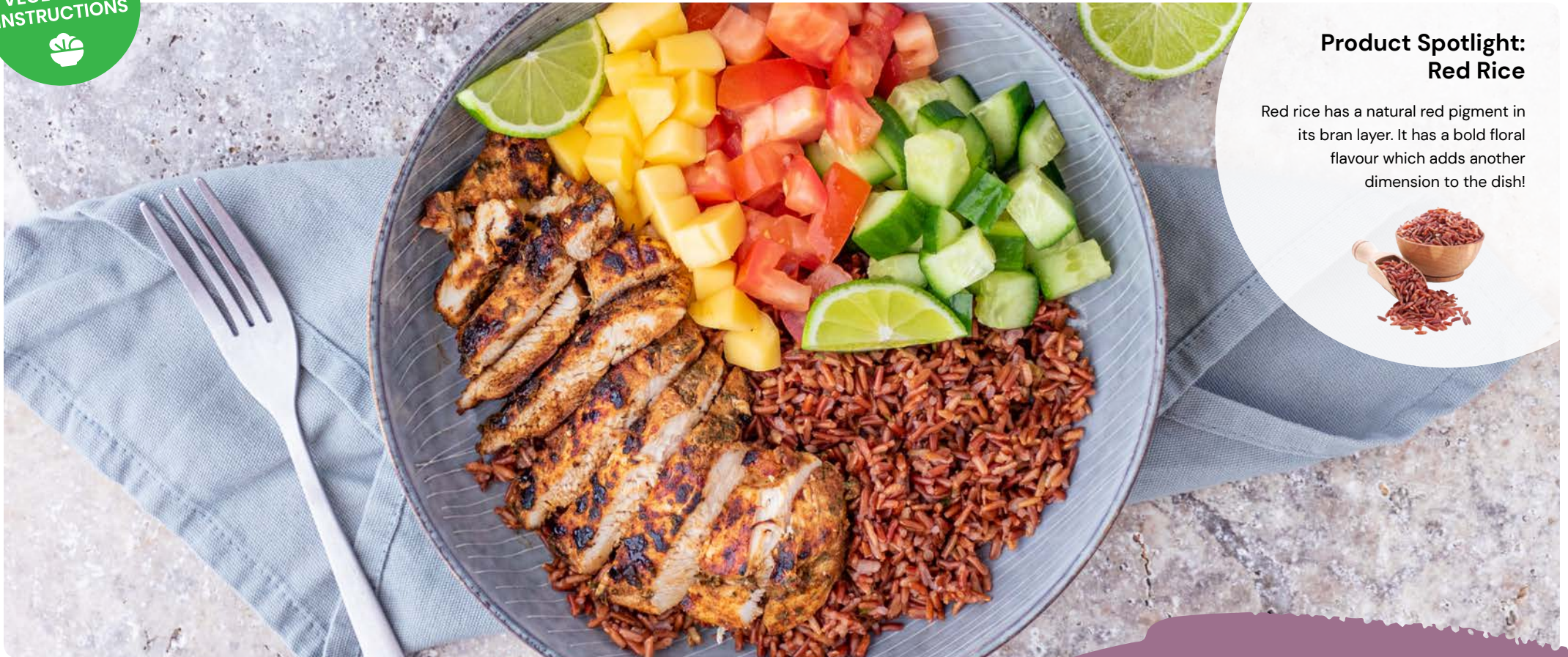




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Rice


Red rice has a natural red pigment in its bran layer. It has a bold floral flavour which adds another dimension to the dish!



3 Jerk Chicken Bowl with Red Rice

A festive bowl of red rice topped with grilled Jerk spice chicken and rainbow veggies, finished with a lime dressing.

 25 minutes

 2 servings




 Chicken

10 December 2021

Switch it up!

This dish also works well with basmati rice or brown rice if you don't feel like red rice. You could also serve the ingredients in a taco or a wrap!

FROM YOUR BOX

RED RICE	150g
CHICKEN SCHNITZELS 	300g
JERK SPICE MIX	1 sachet (25g)
MANGO	1
TOMATO	1
LEBANESE CUCUMBER	1
LIME	1
 HALLOUMI	1 packet
 CORN COB	1

FROM YOUR PANTRY


oil for cooking, olive oil, salt, sugar (of choice)

KEY UTENSILS

frypan or griddle pan, saucepan

NOTES

Use less jerk spice on the chicken if you prefer milder flavours. You can use any remaining jerk spice to season roast veggies or stirred through yoghurt for a dip!

 **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 until tender. Drain and rinse.



2. COOK THE CHICKEN


Coat chicken with 1–2 tbsp jerk spice, **oil and salt** (see notes). Heat a frypan or griddle pan over medium-high heat. Cook chicken for 3–4 minutes each side or until cooked through.

 **VEG OPTION** - Dice halloumi. Toss with 1–2 tbsp jerk spice and oil. Cook in pan over medium heat for 5 minutes, turning.



3. PREPARE THE TOPPINGS

Meanwhile, slice or dice mango, tomato and cucumber.

 **VEG OPTION** - Remove corn kernels from cob. Prepare toppings as above and set aside.




4. PREPARE THE DRESSING

Whisk together 1/2 lime zest and juice (wedge remaining) with **2 tbsp olive oil, 2 tbsp water, 1 tsp sugar and salt.**



5. FINISH AND SERVE

Divide rice among bowls. Slice and add chicken along with even amounts of toppings. Spoon over dressing to taste and serve with lime wedges.

 **VEG OPTION** - Serve as above with halloumi.

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

