



# Product Spotlight: Ginger

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

# Spicy Chicken Rice Bowl with Sesame Clusters

Crispy ginger chicken served over sushi rice with fresh avocado, crunchy cucumber and coriander, spicy aioli and surprising sesame seed clusters.





We added 1 tsp hot chilli sauce to the aioli. Add chilli sauce as desired. You can substitute chilli sauce with ground chilli or dried chilli flakes, or for a lowheat option, add ground paprika or tomato sauce or leave the aioli as is.

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Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
46g 56g 85g
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### FROM YOUR BOX

SUSHI RICE	300g
SESAME CHILLI CLUSTER MIX	1 packet
CHICKEN SCHNITZELS	600g
GINGER	1 piece
LEBANESE CUCUMBERS	2
AVOCADOS	2
SHALLOT	1
CORIANDER	1 packet
AIOLI	2 packets

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), honey, cornflour, chilli sauce

#### **KEY UTENSILS**

large frypan, saucepan

### NOTES

For seasoned sushi rice, add 1/4 cup rice wine vinegar and 1 tbsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

Sesame chilli cluster mix: mixed sesame seeds, mixed quinoa, dried chilli flakes, pepitas, coconut sugar.



# **1. COOK THE RICE**

Rinse sushi rice. Place in a saucepan with **650ml 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 (see notes).



# 2. MAKE THE SESAME CLUSTERS

Heat a large frypan over medium heat with **1 tbsp oil**. Add cluster mix and cook for 3-4 minutes until toasted. Set aside on a lined plate to cool. Sprinkle with **salt** if desired. Reserve frypan.



# **3. COOK THE CHICKEN**

Cut schnitzels into thirds. Coat in **salt**, **pepper and 2 tbsp cornflour**. Reheat pan over medium-high heat. Add chicken and cook for 4 minutes each side. Peel and grate ginger. Add to pan with **2 tbsp soy sauce**, **2 tsp honey** and **1/4 cup water**. Cook for further 2 minutes.



## 4. PREPARE THE TOPPINGS

Slice cucumbers into crescents and dice avocados. Thinly slice shallot. Roughly chop coriander stems and pick leaves.



# **5. MAKE THE SPICY AIOLI**

Add aioli to a bowl along with **1 1/2 tbsp** water and chilli sauce to taste (see cover).



### **6. FINISH AND SERVE**

Divide rice among bowls. Top with chicken and fresh toppings. Drizzle over spicy aioli and top with sesame clusters.



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