

FOR the
Little onesCOOKED
CHICKENORANGE
WEDGESRICE BALLS &
DICED AVOCADO

Chicken Rice Bowl

 25 Minutes 4 Servings Chicken

This family-friendly, vibrant take on the classic Hawaiian Poké bowl features golden chicken nuggets and fresh salad ingredients served over jasmine rice, all drizzled with a zesty orange and soy dressing.

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FROM YOUR BOX

JASMINE RICE	300g
GINGER	20g
ORANGES	2
AVOCADO	1
RED CABBAGE	1/4
CHERRY TOMATOES	200g
DICED CHICKEN BREAST	600g

FROM YOUR PANTRY

sesame oil, soy sauce, vinegar (of choice)

COOKING TOOLS

large frypan, saucepan

You can switch up this dish by making it into a fried rice or thread the chicken onto skewers to cook on the barbecue.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the JASMINE RICE

Place rice in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

tip Use a rice cooker if you have one!



4. COOK the CHICKEN

Heat a frypan over medium-high heat with **sesame oil**. Add diced chicken to hot pan with **oil** and cook until golden all over. Add 2 tbsp dressing and cook for a further 1-2 minutes or until chicken is cooked through.

tip Allow the chicken to turn golden on one side before turning.



2. Make the DRESSING

Peel and grate ginger, zest 1 orange. Combine with juice from 1 orange, **3 tbsp soy sauce**, **2 tbsp sesame oil** and **2 tbsp vinegar**. Set aside.

tip You can use apple cider vinegar, rice or white wine vinegar.



3. PREPARE the TOPPINGS

Dice remaining orange and avocado, thinly slice red cabbage and halve cherry tomatoes.

tip Add any other topping you or your family like such as carrots, cucumber or capsicum.



5. FINISH AND SERVE

Divide rice among bowls. Top with chicken and fresh toppings. Serve with dressing to taste.