



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Orange

You can use any leftover orange peel to remove grease and oil spots or to make orange tea.



B4 Chicken Poké Bowl with Orange Dressing

This colourful version of the popular Hawaiian Poké bowl has tender pieces of chicken, fresh avocado, cucumber and capsicum on a bed of sushi rice, finished with an orange and soy dressing.

 25 minutes

 4 servings

 Chicken

2 September 2022

Garnish it!

You can add some toasted sesame seeds, fried shallots, fresh coriander or sliced chives to garnish the dish.

FROM YOUR BOX

SUSHI RICE	300g
GINGER	1 piece
ORANGES	2
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
AVOCADO	1
DICED CHICKEN BREAST	600g
NORI SNACK	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, rice wine vinegar (see notes)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can use white wine or apple cider vinegar if you don't have rice wine vinegar.

Use scissors to thinly slice the nori sheets.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x amount of water. Cover and bring to the boil. Reduce heat immediately to low. Cook, semi-covered, for 15–20 minutes until rice is tender and water is absorbed.



2. MAKE THE DRESSING

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



3. PREPARE THE TOPPINGS

Dice remaining oranges, capsicum, cucumbers and avocado. Set aside.



4. COOK THE CHICKEN

Heat a frypan with **sesame oil** over medium-high heat. Add chicken and **2 tsp soy sauce**. Cook for 6–8 minutes until cooked through.



5. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Cut nori sheets into thin strips and use to garnish (see notes). Spoon over dressing to taste.

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**

