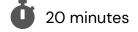




# Chicken Poké Bowl

Healthy, fun and delicious! Cooked chicken pieces served on sticky rice with diced avocado, cucumber and purple carrots, finished with a ginger orange dressing and sesame seeds.





4 servings



# Mix it up!

Serve all the ingredients on a platter or in smaller bowls for everyone to assemble their own bowl. You can switch up the ingredients to your liking, adding something like fresh mango for an exotic touch.

#### FROM YOUR BOX

SUSHI RICE	300g
DICED CHICKEN BREAST	600g
GINGER	1 piece
ORANGES	2
BABY CUCUMBERS	1 punnet
AVOCADO	1
PURPLE CARROTS	2
BLACK SESAME SEEDS	1 packet (20g)

#### FROM YOUR PANTRY

sesame oil, soy sauce, apple cider vinegar

#### **KEY UTENSILS**

large frypan, saucepan with lid

#### **NOTES**

If you don't have apple cider vinegar, you can use rice or white wine vinegar instead.

Add some orange zest to the dressing or chicken for extra intensity. 1/2-1 crushed garlic clove would also work well



#### 1. COOK THE RICE

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



#### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with 1 tbsp sesame oil. Add chicken and season with 1 tbsp soy sauce. Cook for 8-10 minutes or until cooked through.



#### 3. PREPARE THE DRESSING

Meanwhile, peel and grate ginger. Combine with juice from <u>1 orange</u>, <u>3 tbsp soy sauce</u>, <u>2 tbsp sesame oil</u> and <u>2 tbsp vinegar</u> (see notes). Set aside.



## 4. PREPARE THE TOPPINGS

Slice cucumbers, dice avocado and second orange. Julienne or grate carrots.



### **5. FINISH AND SERVE**

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



