




Product Spotlight: Sushi Rice


Sushi is made using a special Japanese white hulled rice, commonly called sushi rice. It is high-quality, short-grain rice that is sticky and slightly sweet.



M4 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.

 20 minutes

 4 servings

 Chicken

November 2022

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 1 orange, **3 tbsp soy sauce**, **2 tbsp sesame oil** and **2 tbsp vinegar** (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.

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**

