



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BROWN RICE

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!

1. SATAY CHICKEN BOWL

We love nourish bowls! You can make endless variations with this style of eating, adding lots of veggies and allow everyone to assemble their own bowl.

 20 Minutes

 2 Servings

FROM YOUR BOX

BROWN RICE	150g
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
SUNFLOWER SPROUTS	1 punnet
SESAME SEEDS	1 packet (30g)
CHICKEN STIR-FRY STRIPS	300g
SPRING ONIONS	2
PEANUT BUTTER	2 slugs
LIME	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), salt, soy sauce, (brown) sugar, ground turmeric

KEY UTENSILS

kettle, saucepan, frypan

NOTES

For a nut-free alternative, you can use sweet chilli sauce and combine with soy sauce, lime juice and sugar to taste.



1. COOK THE RICE

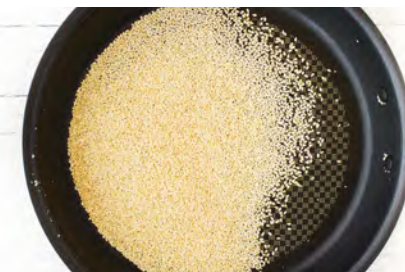
Boil the kettle.

Place brown rice in a saucepan and cover with plenty of hot water from the kettle. Boil for 15 minutes or until tender. Drain and rinse.



2. PREPARE THE TOPPINGS

In the meantime, ribbon the cucumber, dice capsicum and arrange with sprouts in a serving bowl.



3. TOAST THE SESAME SEEDS

Place sesame seeds in a large dry frypan and toast until golden. Transfer to a small serving bowl. Keep pan over medium-high heat.



4. COOK THE CHICKEN

Add **1 tbsp oil**, **1 tsp turmeric** and chicken strips to frypan. Toss to coat well and season with **salt**. Cook until sealed.

Slice and add spring onions, cook for a few more minutes until chicken is cooked through.



5. WHISK THE DRESSING

Whisk to combine peanut butter, juice from 1/2 lime, **3 tbsp water**, **1 tbsp sesame oil**, **1/2 tbsp soy sauce** and **1/2 tsp (brown) sugar**.



6. FINISH AND PLATE

Serve all components at the table and arrange into bowls with rice, turmeric chicken, veggies, sesame seeds and dressing. Cut remaining lime into wedges to serve on the side.