

# DINNERLY



## Teriyaki Plant-Based 'Chicken' Sushi Bowl with Red Cabbage and Cucumber



25 minutes



2 Servings

Whether you're full-time vego or part-time only, our varied range of vegetarian dishes really hits the spot. Bursting with veggies, dairy, legumes, grains and nuts, they're packed with flavour, they'll fill you up and they're totally mouth-watering too!



- 150g Japanese rice
- 150g red cabbage
- 1 Lebanese cucumber
- 2 garlic cloves
- 200g plant-based chicken-style strips <sup>3</sup>
- 50ml teriyaki sauce <sup>1,3,4,5</sup>
- 5g toasted sesame seeds <sup>2</sup>

- 1 tbs white vinegar
- 1½ tbs vegetable oil
- 2 tsp sugar

- small saucepan with lid
- mandoline (optional)
- medium frypan

Gluten (1), Sesame (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

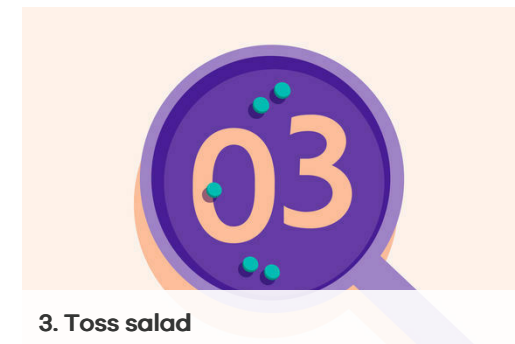
Energy 530kcal, Fat 19.3g, Carbs 70.0g,  
Protein 28.1g



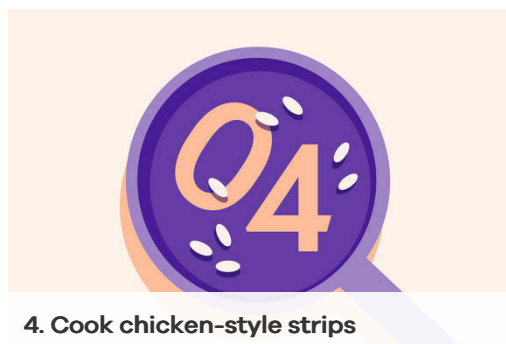
Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



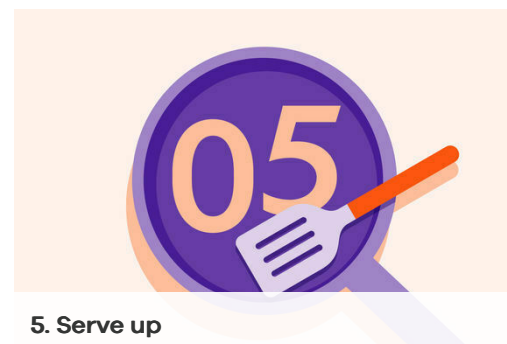
Meanwhile, thinly slice the **cabbage** with a sharp knife or mandoline (see Kitchen 101). Halve the **cucumber** lengthwise, then thinly slice on an angle. Crush or finely chop the **garlic**. Put the **chicken-style strips**, garlic and **half the teriyaki sauce** in a bowl, season with **salt and pepper** and toss to coat.



Meanwhile, combine **1 tbs white vinegar**, **2 tsp vegetable oil** and **2 tsp sugar** in a large bowl and season with **salt and pepper**. Add the **cabbage** and **cucumber** and toss to combine.



Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Cook the **chicken-style strips**, stirring occasionally, for 3-4 mins until browned and warmed through. Add the **remaining teriyaki sauce** and bring to the boil. Remove the pan from the heat.



Stir **half the sesame seeds** into the rice. Divide the **sesame rice, chicken-style strips** and **salad** among bowls. Scatter over the **remaining sesame seeds** and enjoy!



Get super-thin cabbage with a mandoline or use slow, fine strokes with a large sharp knife. The result is perfect for salad – light, crisp and easy to eat.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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