

DINNERLY



Teriyaki Chicken Thigh Sushi Bowl

with Red Cabbage and Cucumber



25 minutes



2 Servings

Looking for dinner on the table quick smart? This fast recipe is ready in 25 minutes or less and comes with yumness guaranteed.

WHAT WE SEND

- 150g Japanese rice
- 150g red cabbage
- 1 Lebanese cucumber
- 2 garlic cloves
- chicken thigh fillets
- 50ml teriyaki sauce ^{1,3,4,5}
- 5g toasted sesame seeds ²

WHAT YOU NEED

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

TOOLS

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

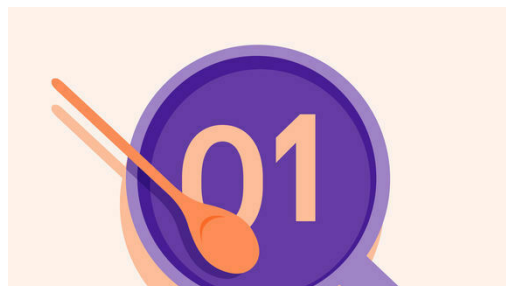
Our veggies come straight from the farm,
so please wash them before cooking.

ALLERGENS

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

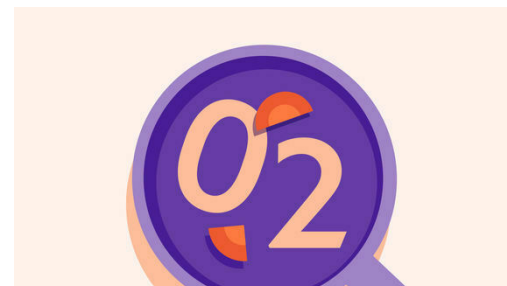
NUTRITION PER SERVING

Energy 615kcal, Fat 19.1g, Carbs 69.3g,
Protein 37.0g



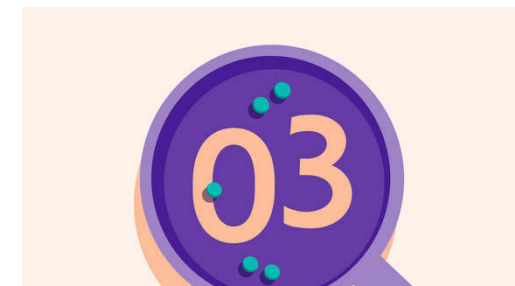
1. Cook rice

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.



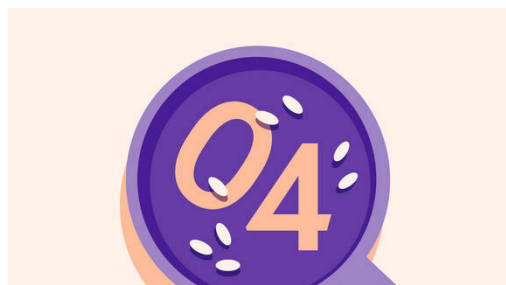
2. Prep ingredients

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**. Thinly slice the **chicken**. Put the chicken, garlic and **half the teriyaki sauce** in a bowl, season with **salt and pepper** and toss to coat.



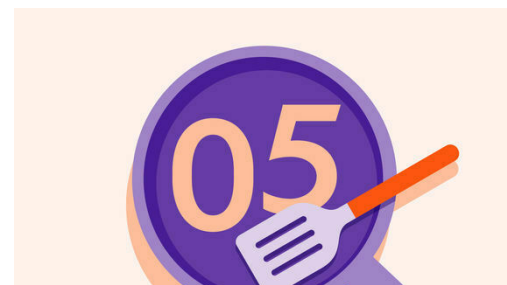
3. Toss salad

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.



4. Stir-fry chicken

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Stir-fry the **chicken** for 3-4 mins until cooked through. Add the **remaining teriyaki sauce** and bring to the boil. Remove the pan from the heat.



5. Serve up

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



6. Kitchen 101

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.