

COOK

Sweet-soy Chicken & Rice Bowl

with fresh cucumber & crispy wonton strips

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Cara Marshall

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	768kJ	4329kJ
Energy	184kcal	1035kcal
Protein	8.4g	47.3g
Carbs	22g	122g
of which sugars	4g	22.4g
Fibre	0.9g	5.3g
Fat	6.2g	35.2g
of which saturated	0.4g	2.2g
Sodium	248mg	1398mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Rice Wine Vinegar
100g	200g	Cucumber *rinse & roughly dice*
100ml	200ml	Jasmine Rice
5	10	Wonton Wrappers *cut into 2cm thick strips*
60ml	120ml	Sweet Citrus Soy *(30ml [60ml] Orange Juice, 15ml [30ml] Low Sodium Soy Sauce & 15ml [30ml] Honey)*
10g	20g	Fresh Ginger *peel & grate*
1	1	Garlic Clove *peel & grate*
1	2	Free-range Chicken Breast/s
10ml	20ml	Cornflour
40ml	80ml	Kewpie Mayo
10ml	20ml	Sriracha Sauce
1	1	Spring Onion *rinse, trim & finely slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. QUICK PICKLE In a bowl, combine the vinegar with a generous drizzle of olive oil, and 10ml [20ml] of sweetener. Mix to emulsify and add the cucumber. Toss to coat, season, and set aside.

2. FLUFFY RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. CRISPY WONTON STRIPS Place a pan over high heat with enough oil to cover the base. When hot, fry the wonton strips until crispy and golden, 30-60 seconds per side. You may need to do this step in batches. Drain on paper towel and season.

4. CITRUS-SOY CHICKEN In a bowl, combine the sweet citrus soy mix, the ginger and garlic, and some seasoning. Set aside. Pat the chicken dry with paper towel. Cut into bite-sized pieces and coat in the cornflour. Return the pan to medium heat with enough oil to cover the base. Fry the chicken until browned, 1-2 minutes per side. Remove from the heat and drain the oil. Add the sweet citrus soy and a splash of water to the pan with the chicken. Return the pan to medium heat and simmer until slightly thickened, 2-3 minutes. Remove from the heat.

5. CREAMY SAUCE WITH A KICK If you'd like some spicy mayo, in a small bowl, combine the mayo with the sriracha (to taste).

6. YUM YUM RICE BOWLS Bowl up the rice. Top with the chicken and all the sauce, and the cucumber. Dollop over the sriracha mayo and scatter over the toasted wonton strips. Garnish with the spring onion and enjoy, Chef!

Chef's Tip