



PAUL THOMPSON EVENTS

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East of
England
COOP

Japanese Style Chicken, Rice, Cucumber & Carrot Salad Bowl with Teriyaki Dressing

Preparation time 10 mins • Cooking time 20 mins • Serves 4 people

Ingredients

- 4 chicken breasts
- 260g basmati rice, cook as per instructions & chill
- 60ml soy sauce
- 30ml mirin
- 1 heaped tsp cornflour
- 30 ml rice wine
- 60ml water
- 2tbsp sugar
- 2 carrots, peeled & grated
- 1 cucumber
- 2 spring onions, trimmed top & bottom and sliced into thin discs
- 2 tbsp sesame seeds
- Bag of pea shoots
- Oil
- Salt & pepper

Method

- Pre-heat your oven to 180°C or gas mark 4
- Cook the rice as per the packet instructions and leave to cool.
- Add the cornflour and water to a small saucepan and mix off the heat. Add the soy sauce, mirin, rice wine and sugar and heat gently until the sauce thickens to the consistency of maple syrup.
- Place your hand on top of the chicken breast and slice in half so that you have 2 flat pieces. Repeat for the other breast and place on a baking tray. Drizzle the chicken with 2 tbsp of the teriyaki sauce and place in the oven for 10 mins until the chicken is cooked through.
- Whilst the chicken is cooking, top & tail your cucumber and then slice in half lengthways. Scoop the seeds/pulp out with a dessert spoon and then grate the cucumber.
- Once the chicken has rested out of the oven for 2 mins, carve into thin strips.
- Take 4 bowls/plates, divide the rice equally between them. Add the grated carrot one side, the cucumber on the other and top with the cooked and sliced chicken. Drizzle with the remaining teriyaki sauce and finish by scattering over the spring onion and sesame seeds.

Enjoy!