



POKE BOWL WITH TERIYAKI CHICKEN



BBQ

Bring sushi camping with a deconstructed sushi bowl! So easy and fresh, anything goes so load with your favorite sushi fillings or go with this recommendation.

Serves 4 people
Prep Time 25 Minutes

RICE

- 2½ cups Medium grain rice
- 4½ cups Water
- 3 tbsps Sushi seasoning (Japanese section of supermarket)

TERIYAKI CHICKEN

- 4 Chicken thighs or Chicken breast (medium)
- 375g Teriyaki marinade (Masterfoods' or similar brand)

TOPPINGS

- 1 Avocado (cubed)
- 3 Large carrots shredded/ grated
- 250g Edamame beans
- 400g Corn kernels (canned)
- 1 Punnet cherry tomatoes (cut into quarters)
- ½ Large continental cucumber (cubed)
- 100g Sliced pickled ginger (Japanese section of supermarket)
- 210ml Kewpie Sesame Soy Japanese dressing (Japanese section of supermarket)

1. Approximately 3 hours prior to eating, in a zip lock bag, marinate the chicken thighs/breasts in the teriyaki marinade. Use enough to cover all the chicken, close bag ensuring all chicken is covered in marinade. Refrigerate until time to cook.
2. Add rice and water into saucepan and cook on high heat. Stir every minute until water boils so rice doesn't stick together. After this, cover most of the saucepan with a lid and turn down to low heat and cook for approximately 10 minutes (adjust heat if necessary to ensure water is still simmering). Give rice a stir and it should be al dente. If not put lid back on and continue to cook until it is this consistency.
3. Add sushi seasoning to rice and mix to combine. Set pot aside with lid on for approx. 5 minutes to let rice continue cooking and then transfer to a bowl to cool down.
4. Preheat BBQ hot plate on high. Once hot, reduce heat to medium and cook thigh fillets until cooked through.



Gasmate

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5. Whilst rice and chicken are cooking, cut all the toppings as specified above and prepare on a tray.
6. To assemble poke bowls, divide cooked rice between 4 bowls. Spoon toppings on top and pickled ginger and then drizzle with sesame soy dressing – approximately 2 tablespoons per bowl.
 - Substitute white rice with brown rice or other grains/quinoa for healthier option.
 - An alternative Japanese dressing is Kewpie Roasted Sesame which has mayonnaise in it. Adding a bit of both to your bowl is also yum!
 - You can use microwave rice or microwave grains if you have access to a microwave instead of stove top cooking method.
 - Anything goes when it comes to toppings and protein. So whatever tickles your fancy or whatever you have in the fridge!

