KIKKOMAN

Chicken Poke Bowl with Crispy Chicken

Total time **27 mins** **15 mins** preparation time **12 mins** cooking time

INGREDIENTS

4 portion(s)

200 g	sushi or jasmine rice
1	red onion
50 ml	vinegar
50 ml	water
50 ml	sugar
4	chicken fillets
3 tbsp	wheat flour
2 tsp	curry powder
1	egg
200 g	Kikkoman Panko - Japanese style crispy bread crumbs
0.5	small oxheart cabbage
2	avocados
200 g	edamame beans (shelled)
2 tbsp	Kikkoman Sauce for Poke Bowl
1	lime

PREPARATION

Step 1

Cook the rice according to the method on the pack. Leave to cool for a while, then divide into 4 bowls.

Step 2

Cut the onion into wedges. Bring the water, vinegar and sugar to the boil and let the onion wedges simmer in this mixture for 1 minute. Turn off the heat and leave for a minimum of 15 minutes.

Step 3

Pound the chicken fillets to an even thickness of approx. 1 cm. Coat the chicken fillets on both sides in flour seasoned with salt, pepper and curry powder. Then dip them into the beaten egg and, finally into panko breadcrumbs. Fry the chicken in oil for approx. 5 minutes on either side and leave to drain on kitchen paper to get rid of excess fat before slicing them.

Step 4

Blanch the edamame beans for 1 minute. Slice the cabbage thinly and combine with Kikkoman Poke Sauce. Cut avocados into slices.

Step 5

Place the cabbage, avocado, edamame beans, pickled onion and chicken on top of the rice. Serve with extra Kikkoman Poke Sauce and lime wedges on the side.