

Japanese Chicken Thighs

with Sushi Rice and Cucumber Salad

hellóchef

In this recipe, you'll roast marinated chicken thighs and serve them alongside seasoned sushi rice and fresh cucumber.

Cals 759 • Prot 69 • Carbs 84 • Fat 16

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🕒 cook: 45 min

R3468



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Japanese chicken	2 ppl	3 ppl	4 ppl	
Skin-on, bone-in chicken thighs	600	900	1200	Grams
Ginger	30	45	60	Grams
Garlic cloves	3	4	6	Piece
Corn starch	10	15	20	Grams
Soy sauce 9* , 10* , 11*	30	40	60	ML
White vinegar	15	22	30	ML
Brown sugar	10	15	20	Grams
Chilli powder	2	2	2	Grams

Sushi rice

Sushi rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Rice vinegar	15	22	30	ML
White sugar	5	5	10	Grams

Sides

Cucumber	2	3	4	Piece
Sushi ginger	40	60	80	Grams
Fresh mint	10	10	10	Grams
Salt	1	1	2	Tsp
Black sesame seeds 3*	10	10	10	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	3176 / 759
Fat (g)	15.5
of which saturates (g)	3.7
Carbohydrate (g)	84
of which sugars (g)	10.2
Fiber (g)	4
Protein (g)	69.3
Salt (g)	3.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Preheat the oven to 200°C/180°C fan. Peel and grate the **ginger** and **garlic** directly into a large bowl. Add the **corn starch, soy sauce, white vinegar, brown sugar**, a pinch of **chilli powder (spicy!)** and the **chicken thighs** to the bowl. Mix them until fully coated.

Tip! For a deeper flavour, marinate the chicken thighs overnight.



2 Bake chicken

Place the **chicken thighs** skin-side up in a baking dish and pour the **marinade** over the top. Bake for 30-35 min or until cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3 Prep rice

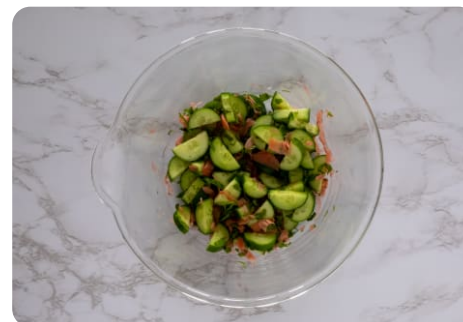
Meanwhile, rinse the **sushi rice** in a sieve under cold water until the water runs clear.



4 Boil rice

Add the **sushi rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and let cool slightly.

Tip! Leaving the rice in the pan, covered, after cooking allows it to steam dry. Wait until you're ready to serve before adding the sugar and vinegar.



5 Prep

Meanwhile, roughly chop the **cucumber, sushi ginger** and **mint** leaves. Mix in a bowl with a sprinkle of **salt**.



6 Serve

Once the **rice** has cooled, fold in the **rice vinegar** and **sugar** and season with **salt**. Brush the **chicken** with any leftover cooked **marinade** from the baking tray. Serve the **chicken thighs** alongside the **sushi rice** and **cucumber** salad. Garnish with the **black sesame seeds**.