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# Spring Roll Rice Bowls

*Serves 4*

2 cups uncooked basmati rice  
8 chicken thighs  
oil



## **Marinade**

1/3 cup olive oil  
1 tablespoon Dijon mustard  
juice of 1 lemon  
juice of 1 lime  
2 large garlic cloves, crushed or minced  
1 tablespoon granulated sugar  
1 teaspoon parsley flakes  
1 teaspoon salt  
1/2 teaspoon pepper

## **Vegetables**

4 cups sliced red and green cabbage  
1 cucumber, sliced  
1 red bell pepper, sliced  
1 cup chopped tomatoes  
1/2 cup chopped spring onions  
1 cup shredded carrots  
fresh cilantro

## **Sweet garlic and lime dressing**

1/3 cup canola oil  
1/3 cup lime juice  
1/4 cup soy sauce  
2 tablespoons rice vinegar  
1/4 cup brown sugar  
2 garlic cloves, crushed

Cook rice according to package directions.

In a 2-cup liquid measuring cup, mix together marinade. Place chicken thighs in a gallon-sized resealable plastic bag and pour in marinade. Seal bag and flip until all thighs are coated in marinade. Marinate in refrigerator for 2–4 hours.

In a hot skillet coated with oil, fry the chicken thighs until done. Slice into thin strips while hot and return to your skillet to keep warm.

Prepare vegetables and set aside.

In a bowl, combine dressing ingredients and blend well with an immersible blender.

To assemble: Start with a bed of rice, then top with chicken and vegetables. Drizzle with dressing and sprinkle with cilantro.

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