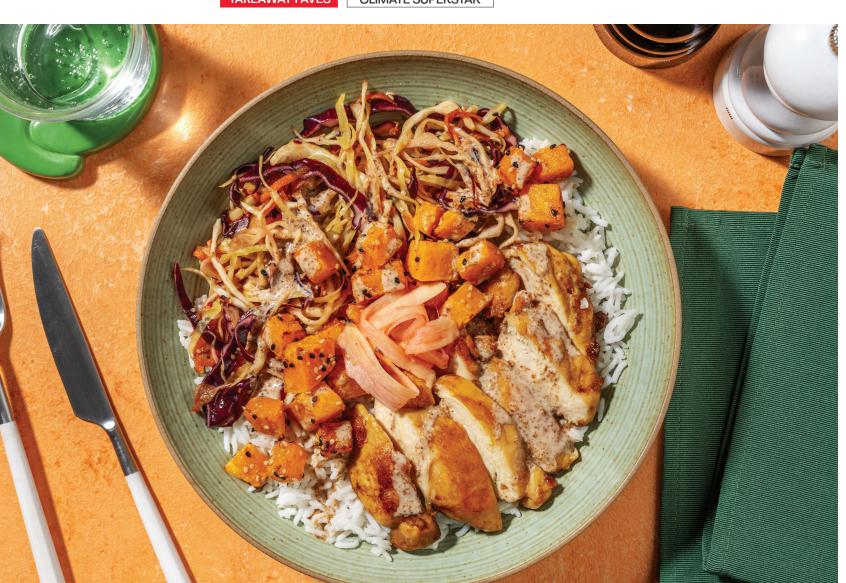


Grilled Sesame Chicken Poke Rice Bowl

with Easy-Prep Roasted Pumpkin & Japanese Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol





Peeled & Chopped Pumpkin





Garlic Paste

Jasmine Rice



Chicken Thigh

Seasoning





Japanese Style Dressing



Sesame Dressing



Pickled Ginger



Pantry items Olive Oil, Butter

Prep in: 10-20 mins Ready in: 30-40 mins



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small packet	1 medium packet
mixed sesame seeds	1 medium sachet	1 large sachet
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken thigh	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
slaw mix	1 small packet	1 large packet
Japanese style dressing	1 packet	2 packets
sesame dressing	1 medium packet	2 medium packets
pickled ginger	1 packet	2 packets
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3354kJ (802Cal)	696kJ (166Cal)
Protein (g)	41.3g	8.6g
Fat, total (g)	34.4g	7.1g
- saturated (g)	10.4g	2.2g
Carbohydrate (g)	79.4g	16.5g
- sugars (g)	14.3g	3g
Sodium (mg)	1510mg	313mg
0 1 5 1		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4182kJ (1000Cal)	646kJ (154Cal)
Protein (g)	71.6g	11.1g
Fat, total (g)	42.8g	6.6g
- saturated (g)	13g	2g
Carbohydrate (g)	79.5g	12.3g
- sugars (g)	14.5g	2.2g
Sodium (mg)	1611mg	249mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

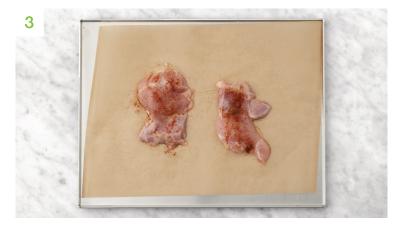
Scan here if you have any questions or concerns





Roast the pumpkin

- Preheat oven to 240°C/220°C fan forced.
- Place **peeled & chopped pumpkin** on a lined oven tray.
- Drizzle with olive oil, sprinkle over mixed sesame seeds, season with salt
 and toss to coat.
- · Roast until tender, 20-25 minutes.



Bake the chicken

- Meanwhile, in a medium bowl, combine chicken thigh, sweet soy seasoning and a drizzle of olive oil.
- Transfer to a second lined oven tray and bake until cooked through,
 14-16 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken thigh, prepare and cook chicken as above.



Cook the rice

- While the pumpkin is roasting, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes. Add the water and a generous pinch of salt and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from the heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Serve up

- In a large bowl, combine **slaw mix** and **Japanese style dressing**. Season.
- · Slice chicken.
- Divide rice between bowls.
- Top with chicken, roasted pumpkin and Japanese slaw.
- Drizzle over **sesame dressing**. Top with **pickled ginger** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate