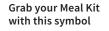


# Sesame Chicken Poke Bowl

with Sesame Sweet Potato & Slaw

FEEL-GOOD TAKEAWAY

**CLIMATE SUPERSTAR** 













Jasmine Rice







Chicken Thigh



Shredded Cabbage



Japanese Style Dressing



Sesame Dressing







Prep in: 20-30 mins Ready in: 35-45 mins

This blissful bowl rivals what you'd get at your local poke joint. All you have to do is sear some juicy chicken thigh, pop sweet



Eat Me Early

potato in the oven, then pile it on a bed of fragrant jasmine rice. Serve with crispy slaw and zingy pickled ginger for a flavour kick!

# 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

Oven tray lined with baking paper  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
mixed sesame seeds	1 medium sachet	1 large sachet	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
garlic	1 clove	2 cloves	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
soy sauce*	½ tbs	1 tbs	
pea pods	1 small packet	1 medium packet	
shredded cabbage mix	1 medium packet	1 large packet	
Japanese style dressing	1 medium packet	2 medium packets	
sesame dressing	1 medium packet	2 medium packets	
pickled ginger	1 medium packet	2 medium packets	
chicken breast**	1 medium packet	2 medium packets OR 1 large packet	
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3094kJ (739Cal)	600kJ (143Cal)
Protein (g)	43.1g	8.4g
Fat, total (g)	24.7g	4.8g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	84.5g	16.4g
- sugars (g)	13.5g	2.6g
Sodium (mg)	924mg	179mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2984kJ (713Cal)	<b>578kJ</b> (138Cal)
Protein (g)	49.4g	9.6g
Fat, total (g)	18.8g	3.6g
- saturated (g)	3g	0.6g
Carbohydrate (g)	84.5g	16.4g
- sugars (g)	13.4g	2.6g
Sodium (mg)	893mg	173mg

The quantities provided above are averages only.

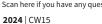
### **Allergens**

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 sweet potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, season with pepper and toss with mixed sesame seeds to coat. Roast until tender, 20-25 minutes.



#### Cook the chicken

- When the rice has 10 minutes remaining, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook
  chicken thigh, turning occasionally, until browned and cooked through
  (when no longer pink inside), 10-14 minutes.
- In the final minute of cook time, add garlic and the soy sauce, turning to coat.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken breast into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. In the final minute of cook time, add garlic and soy sauce, turning to coat.



#### Cook the rice

- Meanwhile, add the water to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove the pan from the heat and keep covered until the 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

- Trim and thinly slice pea pods lengthways.
- In a large bowl, combine pea pods, shredded cabbage mix and Japanese style dressing. Season to taste.
- Slice chicken. Divide rice between bowls. Top with chicken, sesame sweet potato and slaw.
- Drizzle with **sesame dressing** and top with **pickled ginger** to serve. Enjoy!



