



Grilled Sesame Chicken Poke Rice Bowl

with Easy-Prep Roasted Pumpkin & Japanese Slaw

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Mixed Sesame Seeds



Garlic Paste



Jasmine Rice



Chicken Thigh



Sweet Soy Seasoning



Slaw Mix



Japanese Style Dressing



Sesame Dressing



Pickled Ginger



Chicken Breast

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

Eat Me Early

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 pumpkin 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · 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 medium packet	2 medium packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
slaw mix	1 small 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3352kJ (801Cal)	695kJ (166Cal)
Protein (g)	41.3g	8.6g
Fat, total (g)	34.4g	7.1g
- saturated (g)	10.4g	2.2g
Carbohydrate (g)	79.3g	16.5g
- sugars (g)	14.3g	3g
Sodium (mg)	1510mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3242kJ (774Cal)	673kJ (160Cal)
Protein (g)	47.6g	9.9g
Fat, total (g)	28.5g	5.9g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	79.3g	16.5g
- sugars (g)	14.2g	2.9g
Sodium (mg)	1478mg	307mg

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



1



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**.

3



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 swapped to chicken breast, season chicken breast as above. Transfer to a lined oven tray and bake until cooked through (when no longer pink inside), 14-16 minutes.

2



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!

4



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!

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