



Garlic-Soy Chicken Poke Bowl

with Sesame Sweet Potato & Slaw

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Sweet Potato



Mixed Sesame Seeds



Jasmine Rice



Garlic



Chicken Thigh



Pea Pods



Shredded Cabbage Mix



Japanese Style Dressing



Sesame Dressing



Pickled Ginger



Chicken Breast

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

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

Pantry items

Olive Oil, Soy Sauce

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 · Medium saucepan with a lid · 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 packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
chicken thigh	1 small packet	2 small packets OR 1 large packet
soy sauce*	½ tbs	1 tbs
pea pods	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
Japanese style dressing	1 packet	2 packets
sesame dressing	½ large packet	1 large packet
pickled ginger	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3096kJ (740Cal)	600kJ (143Cal)
Protein (g)	43g	8.3g
Fat, total (g)	23.9g	4.6g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	84.4g	16.4g
- sugars (g)	12.6g	2.4g
Sodium (mg)	906mg	176mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3021kJ (722Cal)	585kJ (140Cal)
Protein (g)	46.7g	9.1g
Fat, total (g)	20.2g	3.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	84.4g	16.4g
- sugars (g)	12.6g	2.4g
Sodium (mg)	889mg	172mg

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 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**.

3



Make 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, 5-6 minutes. In the final minute of cook time, add garlic and the soy sauce, turning to coat.

2



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 the 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!

4



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, sweet potato and slaw.
- Drizzle with **sesame dressing (see ingredients)** and top with **pickled ginger** to serve. Enjoy!

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