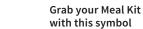


# Grilled Sweet-Soy Chicken Poke Rice Bowl with Easy-Prep Sesame Roast Pumpkin & Japanese Slaw

TAKEAWAY FAVES







Pumpkin





Garlic Paste



Jasmine Rice





Chicken Thigh



Deluxe Slaw



Japanese Style Dressing

Pickled Ginger

Seasoning



Sesame Dressing







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

**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

### **Inaredients**

	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled & chopped pumpkin	1 small bag	1 medium bag		
mixed sesame seeds	1 medium packet	1 large packet		
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		
deluxe slaw 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)	3356kJ (802Cal)	696kJ (166Cal)
Protein (g)	41.5g	8.6g
Fat, total (g)	33.7g	7g
- saturated (g)	9.6g	2g
Carbohydrate (g)	78.7g	16.3g
- sugars (g)	13g	2.7g
Sodium (mg)	1488mg	309mg
Overtices Destroy		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3281kJ (784Cal)	<b>681kJ</b> (163Cal)
Protein (g)	45.1g	9.4g
Fat, total (g)	30g	6.2g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	78.7g	16.3g
- sugars (g)	13g	2.7g
Sodium (mg)	1471mg	305mg

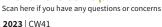
The quantities provided above are averages only.

### **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.

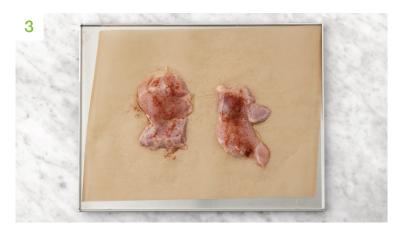
#### We're here to help!





# 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 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.



#### Cook the rice

- 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 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 deluxe slaw mix and Japanese style dressing. Season to taste.
- · Slice chicken.
- Divide rice between bowls. Top with chicken, roast pumpkin and Japanese slaw. Drizzle over sesame dressing (see ingredients). Top with pickled ginger to serve. Enjoy!



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



