



Sesame Chicken Poke Bowl & Pea Pod Slaw












with Rice & Sweet Potato Chunks

FEEL-GOOD TAKEAWAY


CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Mixed Sesame Seeds
-  Jasmine Rice
-  Garlic
-  Chicken Thigh
-  Pea Pods
-  Slaw 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 sachet	1 large sachet
water*	1 cup	2 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
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)	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
Dietary Fibre (g)	26g	5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2984kJ (713Cal)	578kJ (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
Dietary Fibre	26.2g	5.1g

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 chunks

- 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



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 **last 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 last minute of cook time, add garlic and the soy sauce, turning to coat.

2

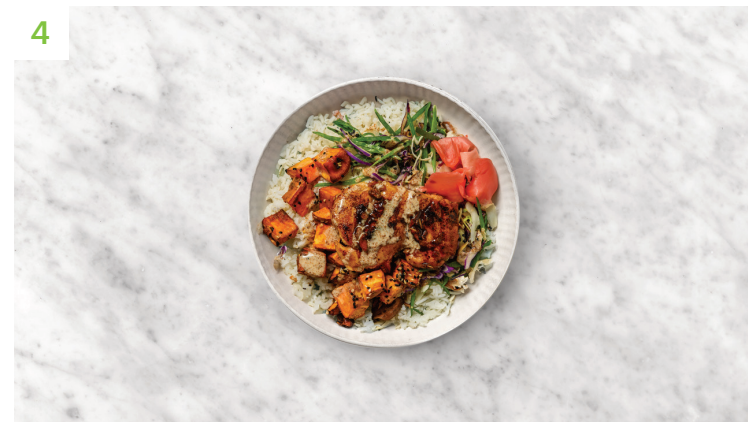


Cook the rice

- Meanwhile, add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 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, **slaw 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!

Rate your recipe

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