



Sweet-Soy Ginger Chicken Poke Bowl

with Cheat's Sushi Rice & Sriracha Mayo

FEEL GOOD TAKEAWAY

NEW

Grab your Meal Kit with this symbol



Jasmine Rice



Cucumber



Red Radish



Coriander



Sweetcorn



Chicken Breast



Sweet Soy Seasoning



Sriracha



Mayonnaise



Sesame Seeds



Ginger Paste



Chicken Breast

Prep in: 10-20 mins
Ready in: 25-35 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 breast, then pile it on a bed of cheat's sushi rice. Serve with vinegar veggies and sriracha mayo for a flavour kick!

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

Pantry items

Olive Oil, Vinegar (White Wine Or Rice Wine)

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1 cup	2 cups
jasmine rice	1 medium packet	2 medium packets OR 1 large packet
cucumber	1	2
red radish	2	4
coriander	1 packet	1 packet
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	½ medium sachet	1 medium sachet
sriracha	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	2 tsp	1 tbs
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)	2981kJ (712Cal)	649kJ (155Cal)
Protein (g)	45.2g	9.8g
Fat, total (g)	24.1g	5.2g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	75.4g	16.4g
- sugars (g)	8.8g	1.9g
Sodium (mg)	1285mg	280mg
Dietary Fibre (g)	20.8g	4.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3697kJ (883Cal)	592kJ (141Cal)
Protein (g)	81.8g	13.1g
Fat, total (g)	26.6g	4.3g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	75.5g	12.1g
- sugars (g)	8.8g	1.4g
Sodium (mg)	1355mg	217mg
Dietary Fibre (g)	20.9g	3.3g

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



Cook the rice

- Add the **water** and a generous pinch of **salt** 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 heat and keep covered until 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!

3



Cook the chicken

- When rice has **10 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, add **chicken** and cook tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- In the **last minute** of cook time, add **ginger paste**, tossing **chicken** to coat.

Custom Recipe: If you've doubled your chicken breast, prepare and cook chicken as above, in batches for best results.

2



Get prepped & char the corn

- Meanwhile, thinly slice **cucumber** and **red radish** into rounds. Roughly chop **coriander**. Drain **sweetcorn**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning** (see ingredients), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a small bowl, combine **sriracha** and **mayonnaise**.
- Heat a large frying pan over high heat. Cook **corn kernels** and **sesame seeds** until lightly browned, **4-5 minutes**. Transfer to a bowl, season and cover to keep warm.

TIP: Cover the pan with a lid if the kernels are "popping" out.

4



Serve up

- While chicken is cooking, in a medium bowl, combine cucumber, radish, half the **vinegar** and a drizzle of **olive oil**. Season to taste.
- To pan with rice, stir through the remaining vinegar and generous pinch of sugar, until rice is coated.
- Divide cheat's sushi rice between bowls. Top with sweet-soy ginger chicken, dressed veggies and sesame corn.
- Drizzle over sriracha mayo. Sprinkle with coriander to serve. Enjoy!

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