



Teriyaki Chicken Donburi

with Sesame Salad & Fried Egg

NEW AIR FRYER FRIENDLY KID FRIENDLY

Grab your meal kit with this number

40



White Rice



Chicken Thigh



Spring Onion



Pea Pods



Carrot



Teriyaki Sauce



Ginger Paste



Mixed Salad Leaves



Sesame Dressing



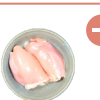
Everything Garnish



Mayonnaise



Chicken Tenderloins



Chicken Thigh

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

Eat Me Early

Tonight we're serving up donburi - a Japanese rice bowl dish that can be customised with different proteins, veggies and sauces. Enjoy this moreish bowl featuring fluffy rice, a crunchy pea pod-packed salad, juicy chicken with a teriyaki sauce and finished with a golden fried egg. Sprinkle with spring onion and everything garnish to really make those umami flavours sing!

Pantry items

Olive Oil, Eggs, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
spring onion	1 stem	2 stems
pea pods	1 small packet	1 medium packet
carrot	1	2
eggs*	2	4
teriyaki sauce	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
mixed salad leaves	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
everything garnish	1 sachet	2 sachet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3955kJ (945cal)	390kJ (93cal)
Protein (g)	49.6g	4.9g
Fat, total (g)	42.7g	4.2g
- saturated (g)	7.7g	0.8g
Carbohydrate (g)	89.5g	8.8g
- sugars (g)	22g	2.2g
Sodium (mg)	1663mg	163.8mg
Dietary Fibre (g)	22.6g	2.2g

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

2024 | CW37



Cook the rice

- Add the **water (for the rice)** and a pinch of **salt** to a medium saucepan and bring to the boil.
- Rinse and drain **white rice**.
- To the pan, add **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!



Fry the eggs & heat the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.
- Meanwhile, in a medium microwave-safe bowl, combine **teriyaki sauce**, **ginger paste**, the **brown sugar** and **water (for the sauce)**.
- Microwave for **30 second** bursts, until heated through.



Cook the chicken

- Meanwhile, in a medium bowl, combine **chicken thigh**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**, turning **chicken** to coat.
- Set air fryer to **200°C**. Place **chicken** into the air fryer basket and cook until cooked through, **15-18 minutes**.

TIP: No air fryer? 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, 10-14 minutes.



Toss the salad

- In a second medium bowl, combine **carrot**, **pea pods**, **mixed salad leaves** and **sesame dressing**. Toss to combine.



Get prepped

- When rice has **5 minutes** remaining, thinly slice **spring onion**.
- Trim and roughly chop **pea pods**.
- Using a vegetable peeler, peel **carrot** into ribbons.



Serve up

- To pan with rice, add half the **everything garnish**, stirring until combined.
- Slice chicken.
- Divide rice and sesame salad between bowls. Top rice with chicken. Spoon teriyaki sauce over chicken. Drizzle over **mayonnaise**.
- Top with fried egg.
- Sprinkle with spring onion and the remaining everything garnish to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. In a frying pan, cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

