



Sesame Chicken Poke Bowl & Pea Pod Slaw

with Rice & Sweet Potato Chunks

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit with this number

41



Sweet Potato



Mixed Sesame Seeds



White Rice



Garlic



Chicken Thigh



Pea Pods



Shredded Cabbage Mix



Japanese Style Dressing



Sesame Dressing



Pickled Ginger



Chicken Breast



Chicken Thigh

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



Protein Rich



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 rice. Serve with crispy slaw and zingy pickled ginger for a flavour kick!

Pantry items

Olive Oil, Soy Sauce

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

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
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
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
shredded cabbage mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
sesame dressing	1 medium packet	2 medium packets
pickled ginger	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3098kJ (741cal)	294kJ (70cal)
Protein (g)	43.1g	4.1g
Fat, total (g)	24.8g	2.4g
- saturated (g)	4.7g	0.4g
Carbohydrate (g)	84.6g	8g
- sugars (g)	13.6g	1.3g
Sodium (mg)	924mg	87.8mg
Dietary Fibre (g)	25.5g	2.4g

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](https://www.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 **last minute** of cook time, add **garlic** and the **soy sauce**, turning **chicken** to coat.

2

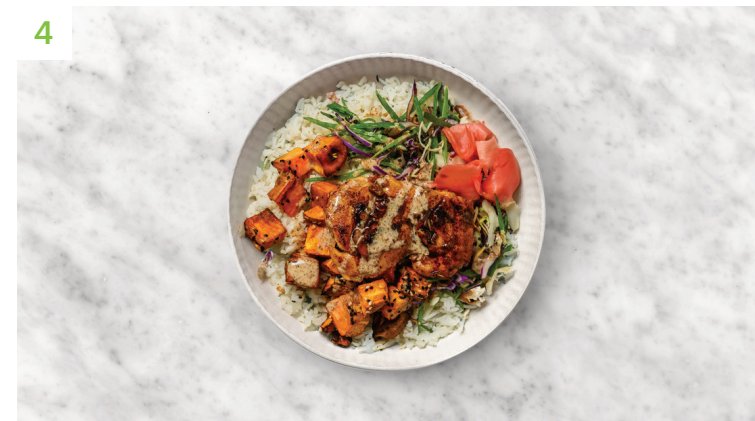


Cook the rice

- Meanwhile, rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **rice**, stir, cover with a lid and reduce 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 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 with **salt** and **pepper**.
- Slice chicken. Divide rice between bowls. Top with chicken, sweet potato chunks and pea pod slaw.
- Drizzle with **sesame dressing** and top with **pickled ginger** to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. 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.

