



Sesame Chicken Poke Bowl

with Miso Sweet Potato & Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Jasmine Rice



Garlic



Chicken Thigh



Snow Peas



Shredded Cabbage Mix



Japanese Dressing



Miso Paste



Mixed Sesame Seeds



Pickled Ginger



Sesame Dressing



Salmon

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Eat Me First*
**Custom Recipe Only*

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, Rice Wine Vinegar, Soy Sauce, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
rice wine vinegar* (for the rice)	1½ tbs	3 tbs
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
soy sauce*	½ tbs	1 tbs
snow peas	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets
miso paste	1 packet	2 packets
honey*	1 tbs	2 tbs
rice wine vinegar* (for the sauce)	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
pickled ginger	1 packet	2 packets
sesame dressing	1 packet (30g)	1 packet (60g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3387kJ (809Cal)	611kJ (146Cal)
Protein (g)	47.8g	8.6g
Fat, total (g)	22.1g	4g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	97.7g	17.6g
- sugars (g)	23.7g	4.3g
Sodium (mg)	1565mg	282mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3947kJ (943Cal)	756kJ (181Cal)
Protein (g)	42.6g	8.2g
Fat, total (g)	39.8g	7.6g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	97.6g	18.7g
- sugars (g)	23.6g	4.5g
Sodium (mg)	1207mg	231mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the sweet potato

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



Make the slaw

Trim and thinly slice **snow peas** lengthways. In a large bowl, combine **snow peas**, **shredded cabbage mix** and **Japanese dressing**. Season to taste.



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 the 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, **10-15 minutes**. Stir in **rice wine vinegar (for the rice)** and a pinch of **sugar**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Flavour the sweet potato

In a small bowl, combine **miso paste**, the **honey** and **rice wine vinegar (for the sauce)**. Return frying pan to medium heat with a drizzle of **olive oil**. Add **miso-honey mixture** and cook until bubbling, **1 minute**. Remove from heat. Add cooked **sweet potato**, tossing gently to coat.



Cook the chicken

When 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 cooked through, **10-14 minutes**. In the final minute of cook time, add **garlic** and the **soy sauce**, turning to coat. Transfer to a plate and cover to keep warm.

CUSTOM RECIPE

If you've upgraded to salmon, pat it dry with paper towel. Season both sides. Heat oil in pan as above. Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. In the last minute, add garlic and the soy sauce. Continue with the step.



Serve up

Divide rice between bowls. Top with chicken, miso sweet potato and slaw. Sprinkle with **mixed sesame seeds** and **pickled ginger**. Drizzle with **sesame dressing** to serve.

Enjoy!

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