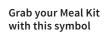


TAKEAWAY FAVES















Jasmine Rice

Cucumber





Chicken Thigh



Miso Paste Shredded Cabbage



Japanese Dressing Garlic Aioli



Crushed Peanuts



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, pop the carrot in the oven, then pile it on a bed of fragrant jasmine rice. Serve with crispy slaw for a crunchy kick!



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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
garlic	1 clove	2 cloves
chicken thigh	1 small packet	2 small packets OR 1 large packet
miso paste	1/2 packet (20g)	1 packet (40g)
honey*	1 tbs	2 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
Japanese dressing	1 packet	2 packets
sesame oil*	½ tsp	1 tsp
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
chicken thigh**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3518kJ (841Cal)	576kJ (138Cal)
Protein (g)	44.2g	7.2g
Fat, total (g)	33.8g	5.5g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	87.5g	14.3g
- sugars (g)	15.5g	2.5g
Sodium (mg)	932mg	153mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4437kJ (1060Cal)	575kJ (137Cal)
Protein (g)	72.6g	9.4g
Fat, total (g)	52.7g	6.8g
- saturated (g)	11.4g	1.5g
Carbohydrate (g)	89.1g	11.6g
- sugars (g)	15.6g	2g
Sodium (mg)	1033mg	134mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

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Roast the carrot

- Preheat oven to 240°C/220°C fan-forced.
- · Cut carrot into bite-sized chunks.
- Place carrot on a lined oven tray. Sprinkle with mixed sesame seeds and drizzle with olive oil.
 Season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 20-25 minutes.



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 12 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Get prepped

 While the rice is cooking, thinly slice cucumber into half-moons. Finely chop garlic. Cut chicken thigh into 2cm chunks.

Custom Recipe: If you've doubled your chicken thigh, prep in the same way as above.



Cook the chicken

When the carrot has 10 minutes remaining, heat
a large frying pan over high heat with a drizzle of
olive oil. When oil is hot, cook chicken, tossing,
until browned and cooked through, 5-6 minutes.
Transfer to a bowl.

Custom Recipe: Cook chicken in batches for the best results.



Make the glaze

- Wipe out the frying pan, then return to medium heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Add miso paste (see ingredients) and the honey and cook, stirring, until bubbling, 1 minute.
- Remove from heat, return **chicken** to the pan and toss to coat.



Serve up

- In a large bowl, combine shredded cabbage mix, cucumber, Japanese dressing and the sesame oil. Season to taste.
- Divide rice between bowls. Top with miso-honey chicken, sesame roasted carrot and slaw.
- Dollop with garlic aioli and sprinkle over crushed peanuts to serve. Enjoy!



Did we make your tastebuds happy?
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