



Miso-Honey Chicken Poke Bowl

with Sesame Roasted Carrot, Slaw & Peanuts

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Carrot



Mixed Sesame Seeds



Jasmine Rice



Cucumber



Garlic



Chicken Thigh



Miso Paste



Shredded Cabbage Mix



Japanese Dressing



Garlic Aioli



Crushed Peanuts



Chicken Thigh

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!

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

Pantry items

Olive Oil, Honey, Sesame Oil

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 · Medium saucepan with a lid · Large frying pan

Ingredients

| | 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 | ½ 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



1



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**.

4



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.

2



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!

5



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.

3



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.

6



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!

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