



Sweet-Soy Ginger Chicken Poke Bowl

with Cheat's Sushi Rice & Sriracha Mayo

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Jasmine Rice



Cucumber



Radish



Spring Onion



Sweetcorn



Chicken Breast



Sweet Soy Seasoning



Sriracha



Mayonnaise



Sesame Seeds



Ginger Paste



Chicken Breast



Chicken Thigh

Prep in: 10-20 mins
Ready in: 25-35 mins

Calorie Reduced

Eat Me Early

Poke bowls are a favourite for something quick, fresh and delicious, but there's no need to order a takeaway when it's so easy to throw together at home! Add flavourful and fragrant chicken, crunchy fresh veggies and charred corn to a bowl of zingy-sweet sushi rice for a taste explosion that'll have you questioning why you ever ordered out at all.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
radish	2	4
spring onion	1 stem	2 stems
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
sriracha	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	2 tsp	4 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2243kJ (536Cal)	484kJ (116Cal)
Protein (g)	43.7g	9.4g
Fat, total (g)	22.6g	4.9g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	38.5g	8.3g
- sugars (g)	9.6g	2.1g
Sodium (mg)	820mg	177mg
Dietary Fibre (g)	5.5g	1.2g

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

2024 | CW30



Cook the rice

- Add the **water** and a generous pinch of **salt** 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 the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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



Cook the chicken

- When rice has **10 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, add **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- In the **last minute** of cook time, add **ginger paste**, tossing **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Follow method above.



Get prepped & char the corn

- Meanwhile, thinly slice **cucumber** and **radish** into rounds. Thinly slice **spring onion**. Drain **sweetcorn**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a small bowl, combine **sriracha** and **mayonnaise**.
- Heat a large frying pan over high heat. Cook **corn kernels** and **sesame seeds** until lightly browned, **4-5 minutes**.
- Transfer to a bowl, season and cover to keep warm.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- While chicken is cooking, in a medium bowl, combine cucumber, radish, half the **vinegar** and a drizzle of olive oil. Season to taste.
- To pan with rice, stir through the remaining vinegar and generous pinch of sugar, until rice is coated.
- Divide cheat's sushi rice between bowls. Top with sweet-soy ginger chicken, dressed veggies and sesame corn.
- Dollop with sriracha mayo. Sprinkle with spring onions to serve. Enjoy!

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

