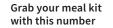


Easy Sweet-Soy Ginger Chicken Poke Bowl with Cheat's Sushi Rice & Sriracha Mayo

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR









Cucumber





Radish

Spring Onion





Sweetcorn



Sweet Soy



Seasoning

Mayonnaise

Sesame Seeds



Ginger Paste





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

Eat Me Early



Carb Smart



Protein Rich

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

| 9 | | | |
|--|-----------------|---------------------------------------|--|
| | 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 | ½ sachet | 1 sachet | |
| 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) | 248kJ (59cal) |
| Protein (g) | 43.7g | 4.8g |
| Fat, total (g) | 22.6g | 2.5g |
| - saturated (g) | 3.8g | 0.4g |
| Carbohydrate (g) | 38.5g | 4.3g |
| - sugars (g) | 9.6g | 1.1g |
| Sodium (mg) | 820mg | 90.8mg |
| Dietary Fibre (g) | 3.6g | 0.4g |
| | | |

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.



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.



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.

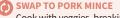


Serve up

- 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!







Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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





Scan here if you have any questions or concerns