



Asian Chicken Poke Bowl

with Slaw & Mayonnaise

NEW

Grab your meal kit with this number

1



Jasmine Rice



Cucumber



Carrot



Chicken Breast



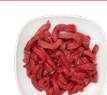
Sweet Soy Seasoning



Shredded Cabbage Mix



Mayonnaise



Beef Strips



Plain Tofu

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

A poke bowl is one sure-fire way to win over anyone's heart. With enticing chunks of juicy chicken breast, coated in our sweet soy seasoning, accompanied by a fresh slaw and fluffy rice, tonight's dinner will woo even the pickiest of tastebuds. Let the sparks fly!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

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)
carrot	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
butter*	20g	40g
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2333kJ (558cal)	224kJ (54cal)
Protein (g)	44g	4.2g
Fat, total (g)	27.6g	2.6g
- saturated (g)	8.8g	0.8g
Carbohydrate (g)	33g	3.2g
- sugars (g)	8g	0.8g
Sodium (mg)	670mg	64.3mg
Dietary Fibre (g)	3.8g	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.

1



Cook the rice

- 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 all the water is absorbed, **10-15 minutes**.

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

3

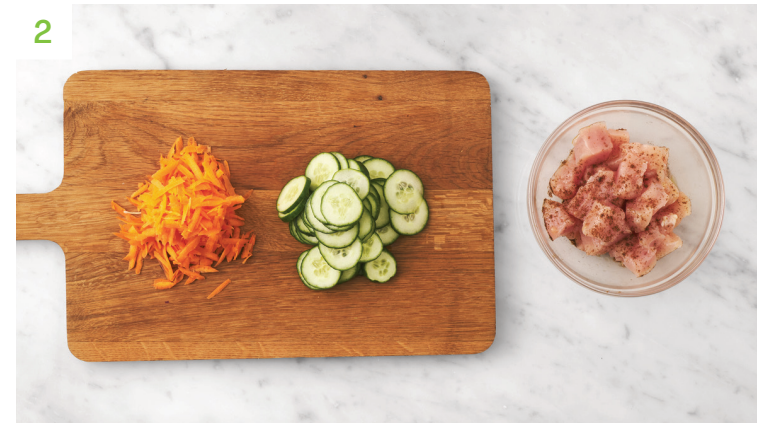


Cook the chicken

- When the rice has **10 minutes** remaining, heat drizzle of **olive oil** in large frying pan over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Meanwhile, in a medium bowl, combine **shredded cabbage mix, carrot**, a drizzle of **vinegar** and **olive oil**. Season to taste.

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

2



Get prepped

- Meanwhile, slice **cucumber** into rounds. Grate **carrot** (see ingredients).
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken**, toss to coat.

4



Serve up

- When the rice is done, add the **butter** and a pinch of salt and stir to combine.
- Divide jasmine rice between bowls.
- Top with Asian chicken, slaw and cucumber.
- Drizzle over **mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



ADD PLAIN TOFU

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

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

