



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



Boneless Chicken Drumsticks



Miso Paste



Shredded Cabbage Mix



Japanese Dressing



Garlic Aioli



Crushed Peanuts



Beef Strips

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 breast, 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 sachet	1 sachet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
garlic	1 clove	2 cloves
boneless chicken drumsticks	1 packet	1 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 (30g)	2 packets (60g)
sesame oil*	½ tsp	1 tsp
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
beef strips**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3624kJ (866Cal)	588kJ (141Cal)
Protein (g)	48.1g	7.8g
Fat, total (g)	35.6g	5.8g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	88g	14.3g
- sugars (g)	15.7g	2.5g
Sodium (mg)	932mg	151mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3662kJ (875Cal)	630kJ (151Cal)
Protein (g)	44.3g	7.6g
Fat, total (g)	38.2g	6.6g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	88g	15.1g
- sugars (g)	15.7g	2.7g
Sodium (mg)	884mg	152mg

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](https://www.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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1



Roast the sesame 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 occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

Custom Recipe: Heat the pan and oil as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.

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.

Custom Recipe: Return beef to the pan and toss to coat in glaze.

3



Get prepped

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

Custom Recipe: If you've swapped to beef strips, discard any liquid from beef strips packaging.

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.
- Top with **garlic aioli** and **crushed peanuts** to serve. Enjoy!

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