



# Pulled Sesame Chicken Poke Bowl

with Miso Roasted Kumara & Slaw

Grab your Meal Kit  
with this symbol



Kumara



Jasmine Rice



Garlic



Pulled Chicken



Snow Peas



Shredded Cabbage  
Mix



Japanese Dressing



Miso Paste



Garlic Aioli



Mixed Sesame  
Seeds



Crispy Shallots

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Eat Me Early

This blissful bowl rivals what you'd get at your local poke joint. Better yet, you can make it in a flash thanks to our slow-cooked chicken breast, spiked with creamy sesame dressing; simply shred it and forget it while the kumara and rice cook.

## Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
kumara	1	2
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
rice wine vinegar* (for the rice)	1½ tbs	3 tbs
garlic	1 clove	2 cloves
pulled chicken	1 packet	1 packet
soy sauce*	½ tbs	1 tbs
snow peas	1 bag (100g)	2 bags (200g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
Japanese dressing	1 packet (30g)	2 packets (60g)
miso paste	1 packet	2 packets
honey*	1 tbs	2 tbs
rice wine vinegar* (for the sauce)	1 tbs	2 tbs
garlic aioli	1 packet (50g)	1 packet (100g)
mixed sesame seeds	1 sachet	1 sachet
crispy shallots	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (792Cal)	678kJ (162Cal)
Protein (g)	36g	7.4g
Fat, total (g)	24.6g	5g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	104.8g	21.4g
- sugars (g)	19g	3.9g
Sodium (mg)	1558mg	319mg

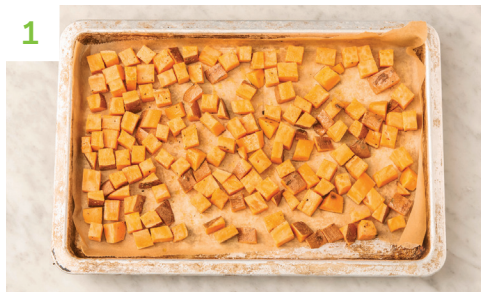
The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the kumara

Preheat oven to **240°C/220°C fan-forced**. Peel, then cut **kumara** into bite-sized chunks. Place **kumara** on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and toss to coat. Add a splash of **water** to the tray. Spread out evenly, then roast until tender, **20-25 minutes**.

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 the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and water is absorbed, **10-15 minutes**. Stir in **rice wine vinegar (for the rice)** and a pinch of **sugar**.

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

3



## Cook the chicken

When the rice has **10 minutes** cook time remaining, finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pulled chicken**, breaking up with a spoon, until browned, **2-3 minutes**. In the last **minute** of cook time, add **garlic** and the **soy sauce** and stir until coated. Transfer to a plate and cover to keep warm.

4



## Make the slaw

Trim and thinly slice **snow peas** lengthways. In a large bowl, combine **snow peas**, **shredded cabbage mix** and **Japanese dressing**. Season to taste.

5



## Flavour the kumara

In a small bowl, combine **miso paste**, the **honey** and the **rice wine vinegar (for the sauce)**. Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **miso-honey mixture** until bubbling, **1 minute**. Remove from heat, then add roasted **kumara** and toss gently to coat.

6



## Serve up

Divide rice between bowls. Top with pulled sesame chicken, miso roasted kumara and slaw. Top with **garlic aioli**, **mixed sesame seeds** and **crispy shallots** to serve.

## Enjoy!