



Korean Ssamjang Chicken Rice Bowl with Roasted Peanuts

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2849kJ (681Cal) | Protein 46.3g | Fat, total 22.4g - saturated 4.4g | Carbohydrate 69.1g - sugars 24.2g | Sodium 1532mg
Spicy (optional chilli flakes) | The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Diced Chicken	1 pkt	1 pkt
Asian Stir-Fry Mix	1 bag (300g)	1 bag (600g)

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. Sizzle



Diced Chicken

2. Zap



Microwavable Basmati Rice



Asian Stir Fry Mix



Garlic Paste



Ssamjang Paste



Korean Sauce



Ponzu Sauce



Sesame Seeds

3. Serve



Roasted Peanuts



Chilli Flakes (Optional)



Thai Basil

- Heat **olive oil** in a frying pan over high heat
- Cook **chicken**, tossing, until browned and cooked through, **5-6 mins**
- Transfer to a bowl and cover to keep warm

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Return pan to medium-high heat with a drizzle of **oil**
- Cook **stir fry mix**, **garlic paste** and a splash of **water** tossing until tender, **1-2 mins**
- Add **ssamjang paste**, **Korean sauce**, **ponzu sauce**, **sesame seeds** and **cooked chicken** and toss to coat. Season

- Divide **rice** between bowls
- Top **rice** with **chicken** and **veggies**
- Serve with **peanuts**, **chilli flakes** (if using) and torn **basil**

