



Teriyaki-Sambal Chicken Donburi Bowl

with Garlic Rice, Sugar Snaps and Pickled Carrot

24

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Garlic Clove



Jasmine Rice



Chicken Breasts



Chinese Five Spice



Carrot



Rice Vinegar



Sugar Snap Peas



Teriyaki Sauce



Sambal Paste



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, bowl, frying pan, baking tray, aluminium foil and peeler.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Chicken Breasts**	2	3	4
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Sugar Snap Peas**	80g	150g	150g
Teriyaki Sauce 11	75g	150g	150g
Sambal Paste	15g	22g	30g
Roasted White Sesame Seeds 3	5g	7g	10g
Pantry	2P	3P	4P
Butter*	10g	20g	30g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2600 /621	454 /108
Fat (g)	10.9	1.9
Sat. Fat (g)	4.1	0.7
Carbohydrate (g)	84.4	14.7
Sugars (g)	20.0	3.5
Protein (g)	48.3	8.4
Salt (g)	2.66	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Cook the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add the **garlic** and stir-fry for 1 min. Stir in the **rice** and cook until coated, 1 min. Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



What a Pickle

While the **chicken** roasts, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Pop the **carrot ribbons** into a medium bowl with the **rice vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt**. Mix together and set aside to pickle.

Slice the **sugar snap peas** in half lengthways.



Spice up the Chicken

While the **rice** cooks, pop the **chicken breasts** in a medium bowl. Sprinkle over the **Chinese Five Spice**, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken breasts** into the pan and cook until browned, 5 mins each side. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Sugar Snaps

When the **chicken** has 5 mins left, wipe out the (now empty) pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **sugar snaps** and stir-fry until tender, 2-3 mins. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

Pop the pan back on medium heat (no need to clean). Pour in the **teriyaki sauce**, **sambal paste** and **water for the sauce** (see pantry for amount). Simmer until slightly thickened, 1 min, then remove from the heat.



Time to Roast

Once browned, pop the **chicken** onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Slice the **cooked chicken** widthways into 2cm slices.

Top the **rice** with the **sliced chicken**, **pickled carrot** and **sugar snaps** in separate sections, then spoon the **teriyaki-sambal sauce** over the **chicken**.

Sprinkle over the **sesame seeds** to finish.

Enjoy!

