



Yakitori Chicken Skewer Rice Bowl

with Pickled Radishes, Tenderstem Broccoli and Sesame Mayo

32

Street Food 40 Minutes • 1 of your 5 a day



Skewers



Radish



Spring Onion



Lime



Soy Sauce



Miso Paste



Honey



Chicken Thigh



Rice Vinegar



Sesame Seeds



Mayonnaise



Jasmine Rice



Tenderstem Broccoli®

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Large Bowl, Two Small Bowls, Frying Pan, Saucepan with Lid and Baking Tray.

Ingredients

	2P	3P	4P
Skewers	4	6	8
Radish**	1 small bag	1 large bag	2 small bags
Spring Onion**	4	6	8
Lime**	1	1	1
Soy Sauce 11 13	2 sachets	3 sachets	4 sachets
Miso Paste 11	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets
Chicken Thigh Skinless and Boneless**	4	6	8
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickled Radishes*	½ tsp	¾ tsp	1 tsp
Sesame Seeds 3	1 pot	1 pot	1 pot
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets
Water for the Sesame Mayo*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Tenderstem Broccoli [®] **	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	3471 /830	652 /156
Fat (g)	35	6
Sat. Fat (g)	9	2
Carbohydrate (g)	79	15
Sugars (g)	14	3
Protein (g)	50	9
Salt (g)	3.44	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 200°C. Soak the skewers in a bowl of water. Trim and thinly slice the **radishes**. Thinly slice the green parts of the **spring onion**, then chop the white part into thirds widthways. Halve the **lime**. Put the **soy sauce**, **miso paste** and the **honey** into a large bowl and mix to combine. Transfer **half** of the **mix** into a mug and set aside. Returning to the large bowl, add a drizzle of oil into the **mix** and whisk until well blended. Cut the **chicken thighs** into 2cm chunks and pop them into that same large bowl. Mix together to coat the **chicken**, cover and set aside to marinate.

IMPORTANT: Wash your hands and equipment after handling raw meat.



Cook the Chicken and Broccoli

Meanwhile, line a large baking tray with foil. Thread the **chicken** and **spring onions** onto **skewers** (2 skewers per person). Pop the **skewers** onto the lined baking tray lengthways, making sure they are spaced well apart, and pour over any remaining **marinade**. Scatter the **Tenderstem broccoli** around the edge of the baking tray, drizzle with a little **oil** and season. Roast until slightly charred, the **chicken** is cooked through and the **broccoli** is tender, 14-16 mins. Turn the skewers halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Pickle Time

In a small bowl mix together the **rice vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Add the **radishes**, mix well and set aside. Heat a small frying pan over medium heat (no oil). Add the **sesame seeds** and toast until they are slightly golden - 1-2 mins. Stir frequently and shake the pan as you do so. **TIP:** Watch them like a hawk as they can burn easily. Pop the **sesame seeds** in a small bowl and add the **mayonnaise** and **water** (see ingredients for amount). Season with **salt** and **pepper**, mix well and set aside. Don't wash up the pan.



Make the Glaze

Cut the **lime** into **wedges** and squeeze **half** the **juice** into the **reserved sauce** that's in the mug. Mix to combine then pour into the small frying pan and bring to a simmer over medium heat, stirring, for 1 min until slightly thickened.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



Serve!

Divide the **rice** between bowls then add the **roasted tenderstem**, **pickled radish**, **sesame mayo** and **chicken skewers**, then drizzle over the **glaze**. Scatter over the sliced **green parts** of the **spring onion** and serve with the remaining **lime wedges** for squeezing over.

Enjoy!