



# Yakitori Chicken Skewer Rice Bowl with Pickled Radishes, Mangetout and Sesame Mayo

Street Food 40 Minutes • 1 of your 5 a day

N°24



Skewers



Radish



Spring Onion



Lime



Soy Sauce



Miso Paste



Honey



Chicken Thigh



Rice Vinegar



Sesame Seeds



Mayonnaise



Jasmine Rice



Mangetout

## Before you start

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

## Cooking tools, you will need:

Mixing Bowl, Two Frying Pans, Measuring Jug, Saucepan 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 <b>11</b> <b>13</b>	2 sachets	3 sachets	4 sachets
Miso Paste <b>11</b>	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets
Chicken Thigh**	4	6	8
Rice Vinegar	1 sachet	2 sachet	2 sachets
Sugar for the Pickled Radishes*	½ tsp	¾ tsp	1 tsp
Sesame Seeds <b>3</b>	1 pot	1 pot	1 pot
Mayonnaise <b>8</b> <b>9</b>	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
Mangetout**	1 pack	2 packs	2 packs
Water for the Glaze*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>532g</b>	<b>100g</b>
Energy (kJ/kcal)	3446 /824	648 /155
Fat (g)	34	6
Sat. Fat (g)	8	2
Carbohydrate (g)	80	15
Sugars (g)	16	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.

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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 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

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**. Drizzle with a little **oil** and season with **salt** and **pepper**. Roast until slightly charred and the **chicken** is cooked through, 14-16 mins. Turn the **skewers** halfway through cooking. **IMPORTANT:** *Wash your hands after handling raw meat. 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. When the **chicken** has 5 mins left to cook, heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **mangetout** and season with **salt** and **pepper**. Stir fry until the **mangetout** are tender, 3-4 mins. Remove the pan from the heat.



## Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ 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 **mangetout**, **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!