

Hawaiian Chicken Teriyaki

Luau Bowl

hellóchef

We love Hawaiian dishes for their fresh fusion concepts!

Cals 849 • Prot 57 • Carbs 114 • Fat 24

hellochef.com • 04-825-44-00 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Teriyaki chicken				
Chicken mince	2 ppl	3 ppl	4 ppl	
Chicken mince	400	500	600	Grams
Vegetable oil	1	2	2	Tbsp
Teriyaki sauce 8*, 9*, 10*	40	60	80	ML
Hoisin sauce 3*, 9*, 10*	30	40	60	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Honey	15	15	30	Grams
For bowls				
Red onion	1	1	2	Piece
Green pepper	2	2	3	Piece
Pineapple chunks	140	280	280	Grams
Vegetable oil	2	2	3	Tbsp
Salt	0.5	0.5	1	Tsp
Chilli flakes	2	2	4	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp

Allergens

*8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3539 / 849
Fat (g)	23.9
of which saturates (g)	6.7
Carbohydrate (g)	114
of which sugars (g)	33.3
Fiber (g)	6.4
Protein (g)	57.1
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Prep vegetables

Meanwhile, peel and finely slice the **red onion**. Finely slice the **green peppers**. Drain the **pineapple chunks**.



3 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mince** and fry for 5 min. Add the **teriyaki sauce**, **hoisin sauce**, **soy sauce** and **honey**. Cook for a final 1-2 min until the mix is thick and sticky. Remove the pan from the heat and keep warm until serving.



4 Fry vegetables

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt**, and fry for 3-4 min until softened. Transfer the **pepper** and **onion** to a bowl, cover and set aside to keep warm until serving.



5 Fry pineapple

Return the pan to a medium-high heat. Add the **pineapple** and fry for 1-2 min on each side until nicely caramelised.



6 Serve

Divide the **rice** among shallow bowls. Top with the **teriyaki chicken**, the fried **peppers** and **onions** and the fried **pineapple**. Sprinkle with the **chilli flakes** (**spicy!**).