

Chicken Teriyaki Donburi Bowl

with Cauli Rice and Fried Egg

hellóchef

Donburi is a Japanese dish which traditionally consists of fish or meat with vegetables served over rice. We've used cauli rice to keep carbs low!

Cals 612 • Prot 63 • Carbs 53 • Fat 18

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🕒 cook: 30 min

R3178



Before you start

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

Ingredients

Teriyaki Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Ginger	30	45	60	Grams
Oyster sauce 8*, 10*	20	30	40	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sweet soy sauce 9*, 10*, 11*, 14*	20	30	40	ML
Chilli flakes	2	2	2	Grams
Honey	15	15	30	Grams
Lime	1	1	1	Piece
Cauliflower rice				
Cauliflower	400	600	800	Grams
Snow peas	100	150	200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	0.5	Tsp
Sesame oil 3*, 9*	15	22	30	ML
Toppings				
Spring onion	40	60	80	Grams
Carrot	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Organic Eggs 5*	2	3	4	Piece
Salt	0.5	0.5	1	Tsp
Crispy onions	20	30	40	Grams

Allergens

***8 Molluscs, *10 Wheat, *9 Soya, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *5 Eggs**

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)	2556 / 612
Fat (g)	17.7
of which saturates (g)	4.4
Carbohydrate (g)	53
of which sugars (g)	25.7
Fiber (g)	9.7
Protein (g)	63.3
Salt (g)	4.4

*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 chicken

Bring a large pot of water to a boil. Once boiling, add the whole **chicken breasts** and cook for 8 min or until cooked through. Drain and transfer the **chicken** to a plate.

Tip! Poaching chicken is a clean and easy alternative to frying or roasting.



2 Prep

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Trim and finely slice the **spring onion**. Peel and grate the **carrot**. Slice the **snow peas** in half lengthways.



3 Make sauce

Peel and grate the **ginger**. Add the **ginger, oyster sauce, both soy sauces, a pinch of chilli flakes (spicy!), the honey** and a squeeze of **lime** juice to a bowl and mix. This is your **teriyaki sauce**.



4 Cook cauli rice

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the the **cauliflower** and **snow peas** with a pinch of **salt** and stir-fry for 5 min. Remove from the heat and stir through the **sesame oil**. Season well with **salt** to taste. Transfer to a bowl, keep warm and reserve the pan (no need to wash it, just give it a wipe).



5 Cook chicken

Once cooked, using two forks, pull the **chicken** until it's fully shredded. Return the reserved pan to a medium heat. Add the **teriyaki sauce** and pulled **chicken**. Cook for 2 min until warmed through.



6 Fry eggs

Heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Divide the **cauliflower rice** among bowls. Top with the pulled **teriyaki chicken** and fresh **carrot**. Finish with the fried **eggs** (make sure to season them with **salt!**) and garnish with the sliced **spring onion** and a sprinkling of **crispy onions**.