



BALANCED BOWL

Our Balanced Bowl kit is the perfect no-fuss nutritious addition to your weekly rotation. Enjoy your chosen protein (honey chicken or chicken teriyaki), paired with edamame, pickled onion, and fresh salad on a bed of fluffy jasmine rice! No chopping, frying or clean up needed.

Simple, delicious & nutritious– and best of all, ready in just 10 minutes!

Prep: < 10 minutes

Serves: 4

Ingredients



Family Feed*



Edamame



Jasmine Rice



Salad Mix*



Dressing*



Pickled Onions

*Subject to customisations

Enjoyed your meal?



Please leave us a review!

INSTRUCTIONS



1 HEAT FAMILY FEEDS

Pierce film 6 times. Microwave: 6 minutes from frozen / 4 minutes from thawed, or until hot.



2 HEAT RICE

Heat rice as per instructions on pack.

*Rice is a high risk food. Follow cooking and storage instructions if not serving all portions at once.



3 ASSEMBLE

Assemble balanced bowls: add cooked rice, desired elements, and top with dressing. Enjoy!