



## BALANCED BOWL

Our Balanced Bowl kit is the perfect no-fuss nutritious addition to your weekly rotation. Enjoy your chosen protein (Honey Chicken, Chicken Teriyaki, Sticky Korean Chicken or Crispy Chicken), paired with edamame, pickles of choice, 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\*



Pickles\*

\*Subject to customisations

Enjoyed your meal?



Please leave us a review!

# INSTRUCTIONS



## 1 HEAT FAMILY FEEDS

Crispy Chicken: Air-fry at 200° for 6 mins or until crispy. Other Family Feeds: Pierce film. Microwave for 6 mins from frozen / 4 mins thawed.



## 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!