

Asian Pumpkin & Garlicky Greens

with Seasoned Garlic Rice, Mushroom Sauce & Spring Onion

Grab your meal kit with this number

43



Pumpkin



Sweet Soy Seasoning



White Rice



Garlic Paste



Green Beans



Broccoli



Spring Onion



Plant-Based Asian Mushroom Sauce



Everything Garnish



Sesame Dressing



Chicken Tenderloins



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Sweet soy seasoning, everything garnish, plant-based Asian mushroom sauce and sesame dressing are the flavour providers that we can thank tonight for making roast pumpkin, veggies and rice taste so delicious.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
sweet soy seasoning	1 sachet	2 sachets
white rice	1 medium packet	1 large packet
garlic paste	2 packets	4 packets
water*	1¼ cups	2½ cups
green beans	1 medium packet	2 medium packets
broccoli	1 head	2 heads
spring onion	1 stem	2 stems
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
everything garnish	1 sachet	2 sachets
sesame dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	388kJ (93Cal)
Protein (g)	24g	3.5g
Fat, total (g)	14.4g	2.1g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	100.8g	14.6g
- sugars (g)	28.9g	4.2g
Sodium (mg)	2317mg	337mg
Dietary Fibre (g)	32g	4.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into 1cm thick wedges.
- Place **pumpkin** on a lined oven tray. Sprinkle with **sweet soy seasoning**, season with **pepper**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



4 Cook the garlicky greens

- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli** and **green beans**, tossing, until tender, **6-7 minutes**.
- Add the remaining **garlic paste** and cook until fragrant, **1 minute**. Season to taste.

TIP: Add a splash of water to help speed up the cooking process!



2 Cook the rice

- Meanwhile, in a medium saucepan, heat a drizzle of **olive oil** over medium heat. Drain and rinse **white rice**.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add the **water** and bring to the boil. Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



5 Make the glaze

- While veggies are cooking, place **plant-based Asian mushroom sauce** and a splash of **water** in a small heatproof bowl.
- Microwave in **30 second** bursts until fragrant and heated through.



3 Prep the veggies

- While rice is cooking, trim and halve **green beans**.
- Chop **broccoli** (including stalk!) into small florets.
- Thinly slice **spring onion**.



6 Serve up

- Stir **everything garnish** through rice.
- Divide seasoned rice and garlicky greens between plates.
- Top with Asian pumpkin. Spoon over mushroom sauce.
- Drizzle **sesame dressing** over greens. Top with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

