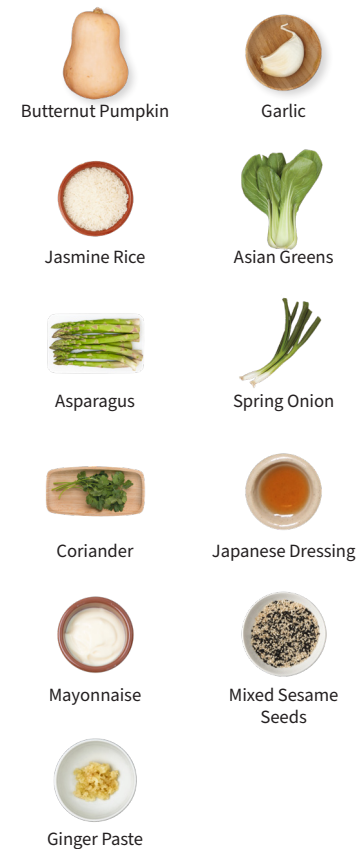






Honey-Soy Pumpkin & Garlic Rice Bowl

with Green Veggies & Japanese Mayo

Grab your Meal Kit
with this symbol



 Hands-on: **20-30 mins**
Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

If you can't go past the honey-soy combo, wait till you try it on roasted pumpkin! Sounds unusual, we know, but teamed with crisp veggies and a moreish Japanese mayo, you're in for a real treat.

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
butternut pumpkin	1 medium	1 large
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
Asian greens	1 bag	2 bags
asparagus	1 bunch	2 bunches
spring onion	1 stem	2 stems
coriander	1 bag	1 bag
Japanese dressing	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
honey*	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2699kJ (645Cal)	425kJ (101Cal)
Protein (g)	15g	2.4g
Fat, total (g)	29.7g	4.7g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	95.4g	15g
- sugars (g)	17.3g	2.7g
Sodium (mg)	1021mg	161mg

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



Start the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Slice the **butternut pumpkin** into thick slices. Place in a single layer on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast for **15 minutes**.

TIP: Peel the pumpkin if you don't like the skin.

2



Cook the garlic rice

While the pumpkin is roasting, finely chop the **garlic**. In a medium saucepan over a medium heat, melt the **butter** with a dash of **olive oil**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, the **water (for the rice)** and a pinch of **salt**. Stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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

3



Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Trim the woody ends (about 3cm) off the **asparagus**. Thinly slice the **spring onion**. Roughly chop the **coriander**. In a small bowl, combine the **Japanese dressing** and **mayonnaise**.

4



Finish the pumpkin

In a second small bowl, combine the **soy sauce** and the **honey**. Pour the **honey-soy sauce** over the **pumpkin** and sprinkle with the **mixed sesame seeds**. Return to the oven until golden and tender, **5-10 minutes**.

5



Cook the green veggies

While the pumpkin is finishing, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **asparagus** with a splash of **water**, stirring until just tender and bright green, **2-3 minutes**. Add the **Asian greens**, **ginger paste**, 1/2 the **spring onion** and remaining **garlic** and cook until slightly wilted, **1-2 minutes**. Season, then remove from heat.

6



Serve up

Divide the garlic rice between bowls. Top with the honey-soy pumpkin, green veggies and any sauce from the oven tray. Sprinkle with the coriander and the remaining spring onion. Drizzle with the Japanese mayo to serve.

Enjoy!

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