



Sesame-Soy Cauliflower Rice Bowl

with Snow Peas & Pickled Onion

Grab your Meal Kit with this symbol



Ginger



Jasmine Rice



Cauliflower



Garlic



Carrot



Snow Peas



Red Onion



Sesame Seeds



Kecap Manis



Spring Onion



Long Red Chilli (Optional)



Crushed Peanuts



Garlic Aioli

- Hands-on: **25-35** mins
- Ready in: **30-40** mins
- Spicy (optional long red chilli)

This dish is all about the little differences. The roast cauliflower is finished in a frying pan with sesame, garlic and kecap manis – think caramelised edges and a sweet, sticky sauce. The rice gets a gingery boost and the cucumber is pickled to balance the rich flavours. With a fried egg on top, it's a delightful dinner that really delivers.

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Eggs

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
cauliflower	1 portion	2 portions
garlic	2 cloves	4 cloves
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
sesame seeds	1 sachet	2 sachets
kecap manis	1 sachet (75g)	2 sachets (150g)
soy sauce*	1 tbs	2 tbs
eggs*	2	4
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
crushed peanuts	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3867kJ (924Cal)	564kJ (134Cal)
Protein (g)	26.8g	3.9g
Fat, total (g)	40.3g	5.9g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	108.4g	15.8g
- sugars (g)	38.5g	5.6g
Sodium (mg)	1293mg	189mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the jasmine rice

Preheat the oven to **240°C/220°C fan-forced**. Finely grate the **ginger**. In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **ginger** and cook until fragrant, **1 minute**. Add the **water (for the rice)**, the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



4. Cook the veggies

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **snow peas** and cook until just softened, **2-3 minutes**. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **roasted cauliflower**, **garlic** and **sesame seeds**. Cook, tossing, until fragrant, **1-2 minutes**. Add the **kecap manis** and **soy sauce** and cook until coated, **1 minute**. Transfer to a bowl and cover to keep warm.

TIP: If your pan is getting crowded, cook in batches for the best results!



2. Roast the cauliflower

While the rice is cooking, cut the **cauliflower** into small florets. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Spread out in a single layer and bake until tender, **15-20 minutes**.

TIP: If the cauliflower doesn't fit in a single layer, spread across two trays!



5. Fry the eggs

Wipe out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Crack in the **eggs** and fry until the yolks are cooked to your liking, **4-5 minutes**. Thinly slice the **spring onion** and **long red chilli** (if using).

TIP: This will give soft yolks, fry for **6-7 minutes** to get hard yolks.



3. Get prepped

While the cauliflower is roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Trim and roughly chop the **snow peas**. Thinly slice the **red onion** (see **ingredients list**). In a small bowl, combine the **rice wine vinegar**, **water** and a **generous pinch** of **salt** and **sugar**. Toss to coat, then set aside until serving.



6. Serve up

Drain the pickled onion. Divide the ginger rice between bowls and top with the cauliflower, carrot, snow peas and pickled onion. Top with the fried eggs and garnish with the spring onion, chilli (if using) and **crushed peanuts**. Serve with the **garlic aioli**.

Enjoy!