



# Honey-Soy Pumpkin & Garlic Rice Bowl

with Greens & Japanese Mayo

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic



Jasmine Rice



Ginger



Broccoli



Asian Greens



Spring Onion



Japanese Dressing



Mayonnaise



Garlic Paste



Black Sesame Seeds



Herbs

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
Ready in: 30-40 mins

If you're a long time lover of the honey and soy combo, wait till you try it on roasted pumpkin! Sounds unusual, we know, but teamed with aromatic ginger veggies and a delectable Japanese mayo, you're in for a real treat.

### Pantry items

Olive Oil, Butter, 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
ginger	1 knob	2 knobs
broccoli	1 head	2 heads
Asian greens	1 head	2 heads
spring onion	2 stems	4 stems
Japanese dressing	30g	60g
mayonnaise	40g	80g
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
garlic paste	1 packet	1 packet
black sesame seeds	1 sachet	1 sachet
herbs	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3167kJ (757Cal)	482kJ (115Cal)
Protein (g)	21g	3.2g
Fat, total (g)	30.7g	4.7g
- saturated (g)	8.8g	1.3g
Carbohydrate (g)	92.6g	14.1g
- sugars (g)	21.4g	3.3g
Sodium (mg)	1310mg	200mg

The quantities provided above are averages only.

## Allergens

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

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



## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until just tender, **20-25 minutes**.



## Glaze the pumpkin

In a second small bowl, combine the **soy sauce**, **honey** and **garlic paste**. When the pumpkin has **8 minutes** cook time remaining, remove the tray from the oven, then pour the **honey-soy mixture** over the **pumpkin**. Sprinkle with the **black sesame seeds**, then roast the glazed **pumpkin** until tender.



## Cook the garlic rice

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

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



## Cook the greens

While the glazed pumpkin is roasting, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli**, tossing, until just tender, **3-4 minutes**. Add the **Asian greens**, **ginger**, remaining **garlic** and 1/2 the **spring onion** and cook until wilted slightly, **1-2 minutes**. Season with **salt** and **pepper**. Remove from the heat.

**TIP:** Add a dash of water to the veggies to help speed up the veggie cooking process.



## Get prepped

While the rice is cooking, finely grate the **ginger**. Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. In a small bowl, combine the **Japanese dressing** and **mayonnaise**. Set aside.



## Serve up

Roughly chop the **herbs**. Divide the garlic rice between bowls. Top with the honey-soy pumpkin and greens. Pour over any remaining glaze from the oven tray. Garnish with the herbs and remaining spring onion. Drizzle with the Japanese mayo to serve.

## Enjoy!