



SESAME-SOY CAULIFLOWER RICE BOWL

with Ginger Veggies & Pickled Cucumber



Add the flavours of Asia to roast cauliflower



Jasmine Rice



Cauliflower



Ginger



Garlic



Carrot



Snow Peas



Cucumber



Sesame Seeds



Kecap Manis



Spring Onion



Long Red Chilli (Optional)



Crushed Peanuts



Mayonnaise

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 veggies get 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 Staples: Olive Oil, Rice Wine Vinegar, Sugar, Soy Sauce, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **oven tray** lined with **baking paper** • **medium frying pan**



1 COOK THE JASMINE RICE

Preheat the oven to **240°C/220°C fan-forced**. In a medium saucepan, bring the **water** to the boil. Add 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!



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 roast until tender, **15-20 minutes**.



3 GET PREPPED

While the cauliflower is roasting, finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Cut the **carrot** (unpeeled) into thin matchsticks or thin half-moons. Trim and slice the **snow peas** into matchsticks (or trim and roughly chop). Thinly slice the **cucumber** into half-moons. In a small bowl, combine the **rice wine vinegar**, the **salt** and **sugar**. Stir to dissolve, then add the **cucumber** and enough water to cover the cucumber. Toss to coat, then set aside, tossing occasionally to keep the cucumber submerged.



4 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **ginger**, **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.



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**. **TIP:** This will give soft yolks, fry for 6-7 minutes to get hard yolks. While the eggs are cooking, thinly slice the **spring onion** and **long red chilli** (if using).



6 SERVE UP

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

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
cauliflower	1 portion	2 portions
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	1 tsp	2 tsp
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
mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (801Cal)	497kJ (119Cal)
Protein (g)	27.1g	4.0g
Fat, total (g)	27.7g	4.1g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	107g	15.8g
- sugars (g)	35.5g	5.3g
Sodium (g)	2290mg	339mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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