



# SESAME-SOY CAULIFLOWER BOWL

with Ginger Veggies & Pickled Onion



Add the flavours of Asia to roast cauliflower



Jasmine Rice



Cauliflower



Ginger



Garlic



Carrot



Snow Peas



Asian Greens



Red Onion



Sesame Seeds



Kecap Manis



Spring Onion



Crushed Peanuts



Mayonnaise

Hands-on: 25 mins  
Ready in: 30 mins

This dish is all about the little differences. It starts as a classic rice bowl, but the toppings are full of flavour twists. The roast cauliflower is finished in a frying pan with sesame, garlic and kecap manis - think caramelised edges and a sweet, sticky sauce. The carrot and snow peas get a gingery boost and the onion is pickled to balance the rich flavours. With a fried egg on top and crushed peanuts scattered over, 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 (for the rice)** 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 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 bake 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 half-moons. Trim and slice the **snow peas** into matchsticks (or roughly chop). Roughly chop the **Asian greens**. Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)**, the **salt** and **sugar**. Scrunch the onion in your hands, then add to the pickling liquid and stir to coat. Set aside.



## 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**. Add the **Asian greens** and cook until just wilted, **1-2 minutes**. Transfer to a plate and cover. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the roasted **cauliflower**, **garlic** and **sesame seeds**. Cook until fragrant, **1-2 minutes**. Add the **kecap manis** and **soy sauce** and cook until coated, **1 minute**. Transfer to a bowl and cover.



## 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 firm yolks. Thinly slice the **spring onion**.



## 6 SERVE UP

Drain the pickled onion. Divide the jasmine rice between bowls and top with the cauliflower, ginger veggies and pickled onion. Top with the fried eggs and sprinkle with spring onion and **crushed peanuts**. Serve with the **mayonnaise**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	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 (100 g)	2 bags (200 g)
Asian greens	1 bunch	2 bunches
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	1 tsp	2 tsp
sesame seeds	1 sachet	2 sachets
kecap manis	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	1½ tbs	3 tbs
eggs*	2	4
spring onion	1 bunch	1 bunch
crushed peanuts	1 packet	2 packets
mayonnaise	1 tub (40 g)	2 tubs (80 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (792Cal)	518kJ (124Cal)
Protein (g)	27.1g	4.2g
Fat, total (g)	27.7g	4.3g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	104g	16.3g
- sugars (g)	33.0g	5.2g
Sodium (g)	1320mg	206mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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