



Everything
But The Chef

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Asian Brown Rice Salad with Poached Egg

Our take on coleslaw is crunchier and lighter than you'd expect. There's no mayonnaise in this recipe, instead we've used tahini - a paste made from ground sesame seeds. Easy on the eyes and on the lips, you'll love this brightly coloured dish, especially when you burst into that perfectly poached egg.

Pantry Items: Olive Oil, Hot Water, Honey

- Prep:** 15 mins
- Cook:** 35 mins
- Total:** 45 mins
- level 2**
- lactose free**
- gluten free**
- high fibre**
- low sodium**



Butternut Pumpkin



Brown Rice



Tahini



Lemon



Ginger



Red Cabbage



Carrot



Coriander



Spring Onions



Free-Range Eggs

2P	4P	Ingredients
1 portion	2 portions	butternut pumpkin, cut into wedges
1 tbs	2 tbs	olive oil *
⅔ cup	1 ⅓ cups	brown rice
1 ½ cups	3 cups	hot water *
1 tbs	2 tbs	tahini
½	1	lemon, juiced
1 tsp	2 tsp	honey *
1 knob	2 knobs	ginger, peeled & finely grated
3 cups	6 cups	finely shredded red cabbage
1	2	carrot, peeled & grated
½ bunch	1 bunch	coriander, finely chopped
1 bunch	2 bunches	spring onions, finely sliced
2	4	free-range eggs, at room temperature

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2690	Kj
Protein	24.3	g
Fat, total	20.8	g
-saturated	4.2	g
Carbohydrate	81.2	g
-sugars	21.5	g
Sodium	155	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, juicer, grater, vegetable peeler, baking paper lined oven tray, two medium saucepans (one with a lid), sieve, small bowl, slotted spoon, paper towel, and a plate.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **pumpkin wedges** on the prepared oven tray and coat in half of the **olive oil**. Season with **salt** and **pepper** and cook in the oven for **30 minutes** or until tender.



3 Meanwhile, place the **brown rice** into a sieve and rinse with water until it runs clear. Place the rice and **hot water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is tender and the water has absorbed.

4 While the rice and pumpkin are cooking, combine the **tahini**, **lemon juice**, **honey**, **ginger**, and the remaining olive oil in a small bowl. Adjust the consistency with a little warm water if you like. Set aside.



5 Combine the **red cabbage**, **carrot**, **coriander**, **spring onion**, and cooked brown rice in a medium bowl. Add the tahini dressing and toss to coat.

6 Bring a medium saucepan of water to a gentle simmer. Crack an **egg** into a small glass or bowl. Create a whirlpool with the water using the handle of a spoon. Carefully pour the egg into the centre of the whirlpool and cook for **2 minutes** and **30 seconds** or until the white is set and the yolk is still runny. Remove the egg from the water using a slotted spoon and rest on a paper towel lined plate. Repeat with the remaining eggs.

Tip: Alternatively you can use a soft-boiled egg. Bring a small saucepan of water to a gentle simmer and add the whole egg. Cook for **5 minutes** and **40 seconds**. Remove and peel.



7 Divide the brown rice salad between plates. Top with the pumpkin wedges and a poached egg.