



Sweet Soy Pumpkin & Garlicky Greens

with Seasoned Rice, Mushroom Sauce & Spring Onion

EXPLORER

Grab your Meal Kit with this symbol



Pumpkin



Sweet Soy Seasoning



Garlic Paste



Jasmine Rice



Green Beans



Broccoli



Spring Onion



Plant-Based Asian Mushroom Sauce



Everything Garnish



Sesame Dressing



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart[^]

[^]Custom recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Sweet soy seasoning, everything garnish, plant-based Asian mushroom sauce and sesame dressing are the flavour providers that we can thank tonight for making roast pumpkin, veggies and rice taste so delicious.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
pumpkin	1 medium	1 large
sweet soy seasoning	1 medium sachet	2 medium sachets
garlic paste	2 medium packets	4 medium packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
green beans	1 medium packet	2 medium packets
broccoli	1 head	2 heads
spring onion	1	2
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
everything garnish	1 medium sachet	2 medium sachets
sesame dressing	1 medium packet	2 medium packets
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	388kJ (93Cal)
Protein (g)	24g	3.5g
Fat, total (g)	14.4g	2.1g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	100.8g	14.6g
- sugars (g)	28.9g	4.2g
Sodium (mg)	2317mg	337mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3384kJ (809Cal)	396kJ (95Cal)
Protein (g)	60.6g	7.1g
Fat, total (g)	16.9g	2g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	100.9g	11.8g
- sugars (g)	28.9g	3.4g
Sodium (mg)	2386mg	280mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1 Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into 1cm thick wedges.
- Place **pumpkin** on a lined oven tray. Sprinkle with **sweet soy seasoning**, season with **pepper**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



4 Cook the garlicky greens

- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli** and **green beans**, tossing, until tender, **6-7 minutes**.
- Add the remaining **garlic paste** and cook until fragrant, **1 minute**. Season to taste.

TIP: Add a splash of water to help speed up the cooking process!



2 Cook the rice

- Meanwhile, in a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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



5 Make the glaze

- While veggies are cooking, place **plant-based Asian mushroom sauce** and a splash of **water** in a small heatproof bowl.
- Microwave in **30 second** bursts until fragrant and heated through.



3 Prep the veggies

- While rice is cooking, trim and halve **green beans**.
- Chop **broccoli** (including stalk!) into small florets.
- Thinly slice **spring onion**.

Custom Recipe: If you've added chicken tenderloins, season chicken on both sides with salt and pepper. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



6 Serve up

- Stir **everything garnish** through rice.
- Divide seasoned rice and garlicky greens between bowls.
- Top with sweet soy pumpkin. Spoon over mushroom sauce.
- Drizzle **sesame dressing** over greens. Top with spring onion to serve. Enjoy!

Custom Recipe: Divide seasoned rice, chicken, garlicky greens and sweet soy pumpkin between bowls.

Rate your recipe

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