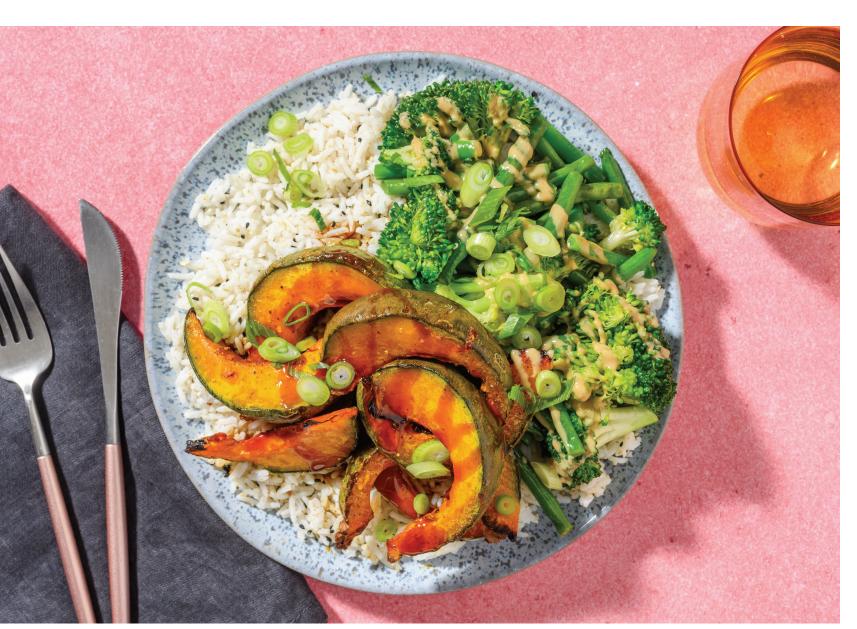


# Asian Pumpkin & Garlicky Greens with Seasoned Garlic Rice, Mushroom Sauce & Spring Onion

Grab your meal kit with this number













Seasoning



White Rice





Garlic Paste







Spring Onion



Plant-Based Asian Mushroom Sauce



**Everything Garnish** 



Sesame Dressing





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



Calorie Smart

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  Medium saucepan with lid  $\cdot$  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 sachet	2 sachets
white rice	1 medium packet	1 large packet
garlic paste	2 packets	4 packets
water*	1¼ cups	2½ cups
green beans	1 medium packet	2 medium packets
broccoli	1 head	2 heads
spring onion	1 stem	2 stems
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
everything garnish	1 sachet	2 sachets
sesame dressing	1 medium packet	2 medium packets
* D		

#### \*Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2668kJ (638Cal)	388kJ (93Cal)
24g	3.5g
14.4g	2.1g
2.4g	0.3g
100.8g	14.6g
28.9g	4.2g
2317mg	337mg
32g	4.6g
	2668kJ (638Cal) 24g 14.4g 2.4g 100.8g 28.9g 2317mg

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.



# 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!



# Cook the rice

- Meanwhile, in a medium saucepan, heat a drizzle of olive oil over medium heat. Drain and rinse white rice.
- Cook half the garlic paste until fragrant,
  1-2 minutes. Add the water and bring to the boil. Add rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed. 10 minutes.

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



# Prep the veggies

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



# 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!



## 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.



# Serve up

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







Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

