



KOREAN-STYLE CAULIFLOWER & SESAME VEGGIE BOWL

with Roasted Cashews



Make cauliflower the star of the dish



Cauliflower



Asian Greens



Jasmine Rice



Carrot



Baby Bok Choy



Spring Onion



Coriander



Long Red Chilli (Optional)



Garlic



Ginger



Sesame Seeds



Roasted Cashews

Hands-on: 15 mins
Ready in: 35 mins

Why should meat be the star of Korean-style food? As this tasty cauliflower shows, veg is just as well equipped to be transformed by this mixture of flavours. Enjoy!

Pantry Staples: Olive Oil, Water, Soy Sauce, Honey, Rice Wine Vinegar (or White Wine Vinegar), Sesame Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, sieve, medium saucepan** with a **lid, garlic crusher, fine grater, small bowl, spoon, large frying pan, wooden spoon, plate** and **aluminium foil**.



1 COOK THE CAULIFLOWER

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into 2 cm florets and cut the stalk into 2 cm pieces. Place the cauliflower florets on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to bake for **15-20 minutes**, or until golden and just tender (the cauliflower will finish cooking in step 4).



4 FINISH THE CAULIFLOWER

In a small bowl, combine the **garlic, ginger, 2/3** of the **soy sauce**, the **honey, rice wine vinegar, 1/2** of the **sesame oil** and the **sesame seeds**. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the cooked **cauliflower, garlic-ginger sauce** and **roasted cashews** and cook, stirring regularly, for **3-4 minutes**, or until the sauce thickens and becomes sticky. Set the cauliflower aside on a plate and cover with foil to keep warm.



2 COOK THE RICE

While the cauliflower is cooking, rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, reduce the heat to low and cover with a lid. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and the water has absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



5 COOK THE CARROT & GREENS

Return the large pan to a medium high heat and add a **drizzle** of **olive oil**. Add the **carrot** and cook for **2 minutes**. Add the **bok choy, Asian greens, spring onion (white parts), remaining soy sauce, remaining sesame oil** and **water (for the vegetables)** and cook, stirring regularly, for **2 minutes**, or until tender.



3 GET PREPPED

While the rice is cooking, peel and crush the **garlic**. Finely grate the **ginger**. Cut the **carrot** (unpeeled) into 0.5 cm batons. Roughly chop the **baby bok choy** and **Asian greens**. Finely slice the **spring onion** (keep the white and green parts separate). Finely chop the **coriander** leaves. Finely slice the **long red chilli** (if using).



6 SERVE UP

Divide the rice between bowls and top with the veggies and Korean-style cauliflower. Garnish with spring onion (green parts), coriander and long red chilli (if using). **TIP:** *Some like it hot but if you don't, just hold back on the chilli.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water* (for the rice)	1¼ cups	2½ cups
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
carrot	1	2
baby bok choy	1 bunch	2 bunches
Asian greens	1 bunch	2 bunches
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
long red chilli (optional)	1	2
soy sauce*	3 tbs	½ cup
honey*	1 tbs	2 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
sesame seeds	1 packet	2 packets
roasted cashews	1 packet	2 packets
water* (for the vegetables)	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (584Cal)	350kJ (84Cal)
Protein (g)	17.5g	2.5g
Fat, total (g)	18.5g	2.6g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	82.3g	11.8g
- sugars (g)	22.5g	3.2g
Sodium (g)	1420mg	204mg

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

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