



# Honey-Soy Pumpkin & Garlic Rice Bowl

with Ginger Greens & Japanese Mayo

Grab your Meal Kit with this symbol



Peeled Pumpkin



Garlic



Jasmine Rice



Ginger



Broccoli



Asian Greens



Spring Onion



Japanese Dressing



Mayonnaise



Mixed Sesame Seeds



Coriander

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

If you're a long time lover of the honey and soy combo, wait till you try it on roasted pumpkin! Sounds unusual, we know, but teamed with aromatic ginger veggies and a delectable Japanese mayo, you're in for a real treat.

*Unfortunately, this week's broccolini was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious!*

## Pantry items

Olive Oil, Butter, Soy Sauce, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
peeled pumpkin	1 packet (400g)	1 packet (800g)
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
broccoli	1 head	2 heads
Asian greens	1 packet	1 packet
spring onion	2 stems	4 stems
Japanese dressing	1 packet (30g)	2 packets (60g)
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
mixed sesame seeds	1 sachet	1 sachet
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (748Cal)	485kJ (115Cal)
Protein (g)	20.6g	3.2g
Fat, total (g)	30g	4.6g
- saturated (g)	7.9g	1.2g
Carbohydrate (g)	91.9g	14.2g
- sugars (g)	23.4g	3.6g
Sodium (mg)	1023mg	158mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Slice the **peeled pumpkin** into 2cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Roast until golden and just tender, **25-30 minutes**.

**TIP:** Cut the pumpkin to size so it cooks in time.



## Glaze the pumpkin

When the pumpkin has **10 minutes** cook time remaining, combine the **soy sauce** and **honey** in a second small bowl. Remove the tray from the oven, then pour the **honey-soy sauce mixture** over the **pumpkin**. Sprinkle with the **mixed sesame seeds**, then roast until the pumpkin is tender and the sesame seeds are toasted.



## Cook the garlic rice

While the pumpkin is roasting, finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove 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!



## Cook the ginger greens

While the glazed pumpkin is roasting, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli**, tossing, until just tender, **3-4 minutes**. Add the **Asian greens**, **ginger**, 1/2 the **spring onion** and the remaining **garlic** and cook until wilted slightly, **1-2 minutes**. Season with **salt** and **pepper**. Remove from the heat.

**TIP:** Add a dash of water to the veggies to help speed up the cooking process!



## Get prepped

While the rice is cooking, finely grate the **ginger**. Cut the **broccoli** into florets and roughly chop the stalk. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. In a small bowl, combine the **Japanese dressing** and **mayonnaise**. Set aside.



## Serve up

Roughly chop the **coriander**. Divide garlic rice between bowls. Top with the honey-soy pumpkin, sesame seeds and ginger greens. Pour over any excess glaze from the oven tray. Garnish with the coriander and remaining spring onion. Drizzle with the Japanese mayo.

## Enjoy!