














# Honey-Soy Pumpkin & Garlic Rice Bowl

with Green Veggies & Japanese Mayo

Grab your Meal Kit  
with this symbol



- |  |  |
|--|--|
| <br>Butternut Pumpkin   | <br>Garlic            |
| <br>Jasmine Rice        | <br>Asian Greens      |
| <br>Asparagus           | <br>Spring Onions     |
| <br>Coriander           | <br>Japanese Dressing |
| <br>Mayonnaise          | <br>Ginger Paste      |
| <br>Mixed Sesame Seeds |  |

 Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

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 crisp veggies and a delectable Japanese mayo, you're in for a real treat.

## Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari 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
butternut pumpkin	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cup	2½ cup
salt* (for the rice)	¼ tsp	½ tsp
Asian greens	1 bag	2 bags
asparagus	1 bunch	2 bunches
spring onions	2 stems	4 stems
coriander	1 bag	1 bag
Japanese dressing	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
honey*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3369kJ (805Cal)	521kJ (124Cal)
Protein (g)	18.2g	2.8g
Fat, total (g)	36.1g	5.6g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	97g	15g
- sugars (g)	28.4g	4.4g
Sodium (mg)	1021mg	158mg

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



## Start the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Slice the **butternut pumpkin** into thick slices. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**, toss to coat and arrange in a single layer. Roast for **15 minutes**.

**TIP:** Peel the pumpkin if you prefer!



## Finish the pumpkin

In a small bowl, combine the **soy sauce** and **honey**. Pour the **honey-soy sauce** over the **pumpkin** and sprinkle with the **mixed sesame seeds**. Roast until golden and tender, **5-10 minutes**.



## 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. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt (for the rice)**, stir, and 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 has absorbed, **10-15 minutes**.

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



## Cook the green veggies

While the pumpkin is finishing, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **asparagus** and a splash of **water**. Cook until just tender and bright green, **2-3 minutes**. Add the **Asian greens**, **ginger paste**, 1/2 the **spring onion** and remaining **garlic** and cook until wilted slightly, **1-2 minutes**. Season with **salt** and **pepper**. Remove from heat.



## Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Trim the woody ends (about 3cm) off the **asparagus**. Thinly slice the **spring onion**. Roughly chop the **coriander**. In a small bowl, combine the **Japanese dressing** and **mayonnaise**.



## Serve up

Divide garlic rice between bowls. Top with the honey-soy pumpkin and green veggies. Drizzle with any sauce from the tray. Garnish with the remaining spring onions and coriander and drizzle with the Japanese mayo.

## Enjoy!