



# Honey Miso Dressed Tenderstem® Broccoli with Chilli and Sesame Seeds

Special Sides 25 Minutes • 1 of your 5 a day • Veggie

Nº 1A



Tenderstem® Broccoli



Red Chilli



Lime



Sesame Seeds



Miso Paste



Honey



Soy Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Zester and Saucepan.

## Ingredients

	2P
Tenderstem® Broccoli**	200g
Red Chilli**	1
Lime**	½
Sesame Seeds <b>3)</b>	15g
Miso Paste <b>11)</b>	22g
Honey	1 sachet
Soy Sauce <b>11) 13)</b>	½ sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>160g</b>	<b>100g</b>
Energy (kJ/kcal)	564 /135	353 /84
Fat (g)	6	4
Sat. Fat (g)	1	1
Carbohydrate (g)	16	10
Sugars (g)	10	6
Protein (g)	7	4
Salt (g)	1.86	1.16

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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1



2



3



## Cook the Broccoli

**a)** Preheat your oven to 200°C.

**b)** Halve any thick **broccoli** and pop onto a baking tray.

**c)** Drizzle with **oil** and roast on the top shelf of your oven until tender and starting to brown, 8-12 mins.

## Add the Flavour

**a)** Meanwhile, halve the **chilli** lengthways, deseed then finely chop.

**b)** Zest and halve the **lime**.

**c)** Heat a small saucepan on a medium-high heat dry (no **oil**).

**d)** When hot, add the **sesame seeds** and cook stirring frequently until golden brown, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer to a plate.

## Make the Dressing

**a)** Return the saucepan to the heat with the **miso**, **honey** and **soy sauce** (see ingredients for the amount you need).

**b)** Mix well, bring to the boil and remove from the heat.

**c)** Add the **chopped chilli** (use less if you don't like heat), **lime zest** and a squeeze of **lime juice**.

**d)** Once the **broccoli** has cooked, pop it onto a sharing plate and pour over the **dressing**, then sprinkle on the toasted **sesame seeds**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.