



Sticky Roast Cauliflower & Veggie Fried Rice

with Spring Onion & Sesame Seeds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Sesame Seeds



Basmati Rice



Carrot



Green Beans



Spring Onion



Sweetcorn



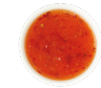
Sweet Soy Seasoning



Garlic Paste



Soy Sauce Mix



Sweet Chilli Sauce



Beef Strips

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Indulge in a symphony of flavors with our sticky roast cauliflower and veggie fried rice. Cauliflower is glazed in a sweet chilli sauce and paired with a veggie-filled and flavourful fried rice for a satisfying and wholesome dining experience.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg

Before you start

Wash your hands and any fresh food

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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
sesame seeds	1 sachet	1 sachet
basmati rice	1 packet	1 packet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
spring onion	1 stem	2 stems
sweetcorn	½ tin	1 tin
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
egg*	1	2
soy sauce mix	1 medium sachet	1 large sachet
sweet chilli sauce	1 small packet	1 medium packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2478kJ (592Cal)	442kJ (106Cal)
Protein (g)	17.8g	3.2g
Fat, total (g)	12.8g	2.3g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	94.9g	16.9g
- sugars (g)	24g	4.3g
Sodium (mg)	2176mg	388mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	477kJ (114Cal)
Protein (g)	46.6g	6.8g
Fat, total (g)	21.1g	3.1g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	94.9g	13.8g
- sugars (g)	24g	3.5g
Sodium (mg)	2226mg	324mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW07



1



Roast the cauliflower

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Chop **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **sesame seeds**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

4



Finish the fried rice

- Push veggies to the side, crack the egg into the pan and scramble until cooked through, **1 minute**.
- Stir in cooked **basmati rice** and **soy sauce mix**. Cook until warmed through, **3-4 minutes**.

2



Start the rice

- Meanwhile, half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain rice, rinse with warm water and set aside.

TIP: The rice will finish cooking in step 3!

5



Bring it all together

- When the cauliflower is done, remove tray from oven and drizzle over **sweet chilli sauce**. Toss to combine.

3



Cook the veggies

- While the rice is cooking, finely chop **carrot**. Trim **green beans** and roughly chop. Thinly slice **spring onion**. Drain **sweetcorn**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot, green beans** and **corn**, stirring, until tender, **3-4 minutes**.
- Add **sweet soy seasoning** and **garlic paste** then cook, until fragrant, **1 minute**.

Custom Recipe: If you've added beef strips, discard any liquid from beef strips packaging. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.

6



Serve up

- Divide veggie fried rice between bowls.
- Top with sticky roasted cauliflower.
- Garnish with spring onion to serve. Enjoy!

Custom Recipe: Top with beef strips as above.

Rate your recipe

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