

Asian Roast Pumpkin & Slaw Bowl

with Jasmine Rice & Garlic Aioli

NEW

Grab your meal kit with this number

40



- Peeled Pumpkin Pieces
- Sweet Soy Seasoning
- Garlic Paste
- Jasmine Rice
- Cucumber
- Asian Slaw Mix
- Garlic Aioli
- Crispy Shallots
- Chilli Flakes (Optional)
- Coriander
- Chicken Thigh
- Chicken Breast

Recipe Update
 We've replaced the mixed sesame seeds in this recipe with chilli flakes due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
 Ready in: 30-40 mins

Calorie Smart

This slaw bowl is packed full of flavour. Pumpkin, first coated in sweet soy seasoning and crunchy sesame seeds, is roasted until golden and sweet. Pile it on top of fluffy rice, a sweet and tangy slaw, and a punchy garlic aioli and let this combination of flavours take you to new levels of yum!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Honey, Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	1 large packet
sweet soy seasoning	2 sachets	4 sachets
garlic paste	1 small packet	1 medium packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	1 tbs	2 tbs
honey*	1 tsp	2 tsp
sesame oil*	1 tbs	2 tbs
Asian slaw mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
chilli flakes 🌶️ (optional)	pinch	pinch
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2011kJ (481cal)	201kJ (48cal)
Protein (g)	9.5g	0.9g
Fat, total (g)	22.9g	2.3g
- saturated (g)	3.8g	0.4g
Carbohydrate (g)	56.2g	5.6g
- sugars (g)	22.1g	2.2g
Sodium (mg)	715mg	71.4mg
Dietary Fibre (g)	7.2g	0.7g

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 | CW36



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Sprinkle with **sweet soy seasoning**, then drizzle with **olive oil** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



Make the slaw

- Thinly slice **cucumber** into half-moons.
- In a large bowl, add the **vinegar**, **honey** and **sesame oil**, whisking to combine. Set aside.
- Add **Asian slaw mix** and **cucumber** to the bowl, tossing to coat.
- Season to taste.

2



Cook the garlic rice

- Meanwhile, heat a medium saucepan over medium heat with a dash of **olive oil**. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Serve up

- Divide jasmine rice and slaw between bowls.
- Top with Asian roast pumpkin and **garlic aioli**.
- Garnish with **crispy shallots**, **chilli flakes** (if using) and tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook in a large frying pan with a drizzle of olive oil until cooked through, 4-6 minutes.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook in a large frying pan with a drizzle of olive oil until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

