



# Bang Bang Cauliflower & Garlic Rice

with Soy Veggies & Peanuts

Grab your Meal Kit with this symbol



Cauliflower



Southeast Asian Spice Blend



Mango Chilli Sauce



Garlic



Jasmine Rice



Asian Greens



Carrot



Spring Onion



Sriracha



Mayonnaise



Crushed Peanuts

Prep in: **35-45 mins**  
Ready in: **35-45 mins**

Sweet with a punch of flavour that will send your tastebuds into a new dimension. We're talking about roasted cauliflower that's been soaking up those mango chilli sauces in the oven. Drizzle with a sriracha mayo and you'll be eating with the stars tonight!

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce

## 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
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
Southeast Asian spice blend	1 medium sachet	1 large sachet
mango chilli sauce	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1½ cups	3 cups
jasmine rice	1 packet	1 packet
Asian greens	1 bunch	2 bunches
carrot	1	2
spring onion	1 stem	2 stems
<b>rice wine vinegar*</b>	1 tsp	2 tsp
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	1 large packet	2 large packets
<b>soy sauce*</b>	½ tbs	1 tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3584kJ (856Cal)	613kJ (146Cal)
Protein (g)	17.1g	2.9g
Fat, total (g)	43.6g	7.5g
- saturated (g)	11.1g	1.9g
Carbohydrate (g)	95.6g	16.3g
- sugars (g)	26.6g	4.5g
Sodium (mg)	1450mg	248mg

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 cauliflower

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **cauliflower** into small florets.
- Transfer **cauliflower** to a lined oven tray. Sprinkle with **Southeast Asian spice blend** and drizzle generously with **olive oil**.
- Roast until tender and brown around the edges, **20-25 minutes**.
- In the last **5 minutes**, drizzle **mango chilli sauce** over **cauliflower** and continue roasting.



## Make the sriracha mayo sauce

- In a small bowl, combine the **rice wine vinegar**, **sriracha** and **mayonnaise**. Set aside.



## Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan 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!



## Cook the veggies

- When the rice has **5 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until tender, **3-4 minutes**.
- Add **Asian greens** and the **soy sauce** and cook, tossing, until wilted, **1-2 minutes**.



## Get prepped

- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Thinly slice **spring onion**.



## Serve up

- Divide garlic rice between bowls. Top with bang bang cauliflower and soy veggies.
- Drizzle with sriracha mayo sauce. Sprinkle with **crushed peanuts** and spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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