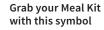


Bang Bang Cauliflower & Garlic Rice with Soy Veggies & Peanuts













Southeast Asian Spice Blend



Mango Chilli





Jasmine Rice



Asian Greens

Spring Onion



Carrot







Mayonnaise



Crushed Peanuts

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

ingi calcino			
	2 People	4 People	
olive oil*	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	
butter*	20g	40g	
water*	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	
rice wine vinegar*	1 tsp	2 tsp	
sriracha	1 packet (20g)	1 packet (40g)	
mayonnaise	1 large packet	2 large packets	
soy sauce*	½ tbs	1 tbs	
crushed peanuts	1 packet	2 packets	
* D			

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3584kJ (856Cal)	613kJ (146Cal)
17.1g	2.9g
43.6g	7.5g
11.1g	1.9g
95.6g	16.3g
26.6g	4.5g
1450mg	248mg
	3584kJ (856Cal) 17.1g 43.6g 11.1g 95.6g 26.6g

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.



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.



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!



Get prepped

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



Make the sriracha mayo sauce

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



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.



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!



Rate your recipe