



Honey-Miso Cauliflower Poke Bowl

with Smacked Cucumber Salad and Sriracha Avocado

21

Classic 25-30 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Garlic Clove



Cauliflower Florets



Jasmine Rice



Cucumber



Rice Vinegar



Sambal Paste



Miso Paste



Honey



Avocado



Sriracha Sauce



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, saucepan, lid, rolling pin, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Cauliflower Florets**	300g	450g	600g
Jasmine Rice	150g	225g	300g
Cucumber**	½	¾	1
Rice Vinegar	22ml	30ml	44ml
Sambal Paste	30g	45g	60g
Miso Paste 11	15g	22g	30g
Honey	15g	22g	30g
Avocado	1	1½	2
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds	5g	7g	10g
Pantry	2P	3P	4P
Butter*	30g	45g	60g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	120ml	150ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	477g 3224/771	100g 676/162
Fat (g)	42.9	9.0
Sat. Fat (g)	12.6	2.6
Carbohydrate (g)	82.2	17.2
Sugars (g)	18.0	3.8
Protein (g)	12.4	2.6
Salt (g)	1.78	0.37

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cauliflower Power

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press). Halve any large **cauliflower florets**.

Pop the **cauliflower** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Bring on the Miso Sauce

Pop a large frying pan on medium-high heat (no oil). Add the **miso paste**, **honey**, **water for the sauce** (see pantry for amount) and remaining **sambal** (add less if you'd prefer things milder).

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Bring to a boil, then lower the heat and simmer until reduced by half, 3-5 mins.

Remove from the heat, then stir the remaining **butter** into the **sauce**. Season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.



Garlic Rice Time

Meanwhile, pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in **half the butter** (see pantry for amount).

When hot, add the **garlic** and stir-fry for 1 min.

Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



All Together Now

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then thinly slice. Season with **salt** and **pepper**.

In a small bowl, combine the **sriracha** (add less if you'd prefer things milder) and **mayo** (see pantry for amount).

When the **cauliflower** is ready, add it to the frying pan and stir to coat in the **honey-miso sauce**. Reheat the **sauce** if needed and add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork. Carefully pour any **pickling liquid** from the **cucumber salad** into the **rice** and mix through.



Make the Cucumber Salad

Meanwhile, trim the **cucumber** (see ingredients for amount), then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a medium bowl, combine the **rice vinegar**, **sugar for the pickle** (see pantry for amount) and **half the sambal** (add less if you'd prefer things milder). Season with **salt** and **pepper**.

Add the **cucumber chunks** to the bowl and toss through the **pickling liquid**. Set aside for now.



Assemble and Serve

Share the **garlic butter rice** between your bowls. Top with the **honey-miso cauliflower**, **cucumber salad** and **avocado slices** in separate sections. Spoon any remaining **honey-miso sauce** over the **cauliflower**.

Drizzle the **sriracha mayo** and sprinkle the **sesame seeds** over your **poke bowl** to finish.

Enjoy!