



Honey Miso Sweet Potato Poke Bowl

with Pickled Carrot, Sugar Snap Peas and Peanuts

Classic 35-40 Minutes • **Medium Spice** • 4 of your 5 a day • Veggie

20



Sweet Potato



Basmati Rice



Salted Peanuts



Carrot



Rice Vinegar



Miso Paste



Honey



Sambal Paste



Sugar Snap Peas

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Baking tray, saucepan, lid, kettle, rolling pin, peeler, bowl, measuring jug and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Basmati Rice	150g	225g	300g
Salted Peanuts 1)	25g	40g	50g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Miso Paste 11)	30g	45g	60g
Honey	30g	45g	60g
Sambal Paste	15g	23g	30g
Sugar Snap Peas**	150g	230g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Boiled Water for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2992/715	584/140
Fat (g)	11.0	2.1
Sat. Fat (g)	2.0	0.4
Carbohydrate (g)	135.3	26.4
Sugars (g)	37.5	7.3
Protein (g)	18.4	3.6
Salt (g)	2.03	0.40

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

Allergens

1) Peanut 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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Roast the Sweet Potato

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

Cut the **sweet potatoes** into 1cm chunks.

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



Miso Honey Dressing Time

In a small bowl or a jug, combine the **boiled water for the dressing** (see pantry for amount), **miso paste**, **honey** and **sambal paste** (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.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



Stir-Fry the Sugar Snaps

Pop a large frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **sugar snap peas** and stir-fry until tender, 2-3 mins.

Season with **salt** and **pepper**, then remove from the heat.



Pickle the Carrot

While the **rice** cooks, boil a half-full kettle for the **dressing**.

Crush the **peanuts** in the unopened sachet using a rolling pin.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Pop the **carrot ribbons** into a small bowl with the **rice vinegar** and **sugar for pickling** (see pantry for amount). Add a pinch of **salt**, mix together, then set aside.



Finish and Serve

When everything's ready, pour the **carrot pickling liquid** into the **rice** and fluff it up with a fork, then share between your bowls.

Top one **half** of the **rice** with the **sweet potato** and spoon over the **miso honey dressing**. Add the **sugar snaps** to the other side of the bowl, then pile the **pickled carrot** on top.

Scatter over the **peanuts** to finish.

Enjoy!