



# Gochujang Mushroom Sesame Poke Bowl

with Avocado and Pickled Carrot Ribbons

23

Calorie Smart 30-35 Minutes • Medium Spice • 3 of your 5 a day • Veggie • Under 650 Calories



Carrot



Portobello  
Mushrooms



Mangetout



Avocado



Jasmine Rice



Rice Vinegar



Gochujang Paste



Soy Sauce



Honey



Roasted White  
Sesame Seeds

**Pantry Items**

Oil, Salt, Pepper, Sugar, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Peeler, saucepan, lid, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1½	2
Portobello Mushrooms**	3	5	6
Mangetout**	80g	150g	150g
Avocado	1	2	2
Jasmine Rice	150g	225g	300g
Rice Vinegar	15ml	22ml	30ml
Gochujang Paste <b>11)</b>	50g	60g	100g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Honey	15g	22g	30g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Mayonnaise*	2 tbsp	2 tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2573 /615	420 /101
Fat (g)	27.1	4.4
Sat. Fat (g)	4.4	0.7
Carbohydrate (g)	80.3	13.1
Sugars (g)	17.3	2.8
Protein (g)	12.4	2.0
Salt (g)	3.26	0.53

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

## Allergens

**3)** Sesame **11)** Soya **13)** Cereals containing gluten

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, cereals containing 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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## Get Prepped

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

Thinly slice the **portobello mushrooms**. Halve the **mangetout** widthways.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.



## Fry the Mushrooms

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced portobellos** to the pan, then stir-fry until softened, 5-6 mins.



## Bring on the Rice

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).



## Spice Things Up

Once the **mushrooms** have softened, add the **mangetout**. Stir-fry for 1-2 mins.

Add the **gochujang paste**, **soy sauce**, **honey** and **water for the sauce** (see pantry for amount), then stir to combine. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Simmer, stirring frequently, until thickened, 3-4 mins. Remove from the heat.



## What a Pickle

While the **rice** cooks, in a medium bowl, combine the **rice vinegar** and **sugar for pickling** (see pantry for amount). Season with **salt** and **pepper**, then add the **carrot ribbons**.

Mix together well, then set aside to **pickle**.



## Finish and Serve

When everything's ready, pour the **pickling liquid** from the **carrot ribbons** into the **rice** and stir together. Fluff up the **rice** with a fork, then share between your serving bowls.

Top your **rice** with the **gochujang mushrooms** and **mangetout** (including any **sauce** from the pan), **pickled carrot ribbons** and **sliced avocado** in separate sections.

Drizzle the **mayonnaise** (see pantry for amount) and sprinkle the **sesame seeds** over everything to finish.

Enjoy!