



East Asian Style Side Dishes | Honey Gochujang Potatoes with Ginger Sesame Tenderstem® and Spicy Slaw

7A

Find all your unchilled Market items in bag A.

Special Sides 40-45 Minutes • **Very hot** • 1 of your 5 a day • Veggie



Potatoes



Gochujang Paste



Honey



Mayonnaise



Coleslaw Mix



Soy and
Ginger Paste



Tenderstem®
Broccoli



Garlic Clove



Roasted White
Sesame Seeds

Pantry Items
Oil, Salt, Pepper

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

Baking tray, bowl, garlic press, frying pan and lid.

Ingredients

Ingredients	Quantity
Potatoes	450g
Gochujang Paste 11)	30g
Honey	45g
Mayonnaise 8) 9)	32g
Coleslaw Mix**	120g
Soy and Ginger Paste 11)	1 sachet
Tenderstem® Broccoli**	150g
Garlic Clove**	2
Roasted White Sesame Seeds 3)	5g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	461g	100g
Energy (kJ/kcal)	1929 /461	418 /100
Fat (g)	9.0	2.0
Sat. Fat (g)	1.0	0.2
Carbohydrate (g)	86.3	18.7
Sugars (g)	37.3	8.1
Protein (g)	10.7	2.3
Salt (g)	3.15	0.68

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

Allergens

3) Sesame **8)** Egg **9)** Mustard **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Bring on the Potatoes

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

b) Chop the **potatoes** into 2cm chunks (no need to peel).

c) Pop the **chunks** 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.

d) When the oven is hot, roast on the top shelf until golden, 25-35 mins.



Slice and Grate

a) Meanwhile, halve any **thick broccoli stems** lengthways.

b) Peel and grate the **garlic** (or use a garlic press).



Get Mixing

a) In the meantime, mix in a small bowl the **gochujang paste** (add less if you'd prefer things milder) with **two thirds** of the **honey**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

b) In a separate medium serving bowl, stir together the **mayonnaise**, **coleslaw mix** and a **quarter** of the **soy and ginger paste**.

c) Set both aside for now.



Stir-Fry the Tenderstem®

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

b) Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

c) Add a splash of **water**, the **garlic** and the remaining **soy and ginger paste**. Stir, then cover with a lid (or foil) and allow to cook until tender, a further 2-3 mins.



Amazing Glazing

a) Once the **potatoes** have been in the oven for 10 mins, remove the tray from the oven.

b) Drizzle over the **gochujang-honey glaze**, turn to coat them well, then return to the oven for the remaining 10-15 mins.



Finish and Serve

a) Once cooked, add the **Tenderstem®** to a sharing plate and sprinkle over **half** of the **sesame seeds**.

b) Add the **honey-gochujang glazed potatoes** to a separate serving dish. Sprinkle over the remaining **sesame seeds** and drizzle over the remaining **honey**.

c) Serve the **spicy slaw** alongside to finish.

Enjoy!