



Honey-Miso Tenderstem® Poke Rice Bowl

with Sambal Charred Corn and Avocado

Quick 25 Minutes • **Medium Spice** • 2 of your 5 a day

40



Jasmine Rice



Carrot



Rice Vinegar



Tenderstem® Broccoli



Sweetcorn



Miso Paste



Honey



Sambal Paste



Avocado



Sriracha Sauce

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

Kettle, saucepan, sieve, lid, peeler, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Tenderstem® Broccoli**	150g	230g	300g
Sweetcorn	160g	255g	340g
Miso Paste 11)	15g	22g	30g
Honey	15g	22g	30g
Sambal Paste	15g	22g	30g
Avocado	1	1½	2
Sriracha Sauce	15g	22g	30g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2773 /663	685 /164
Fat (g)	28.2	7.0
Sat. Fat (g)	4.5	1.1
Carbohydrate (g)	86.8	21.4
Sugars (g)	20.4	5.0
Protein (g)	13.2	3.3
Salt (g)	1.75	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

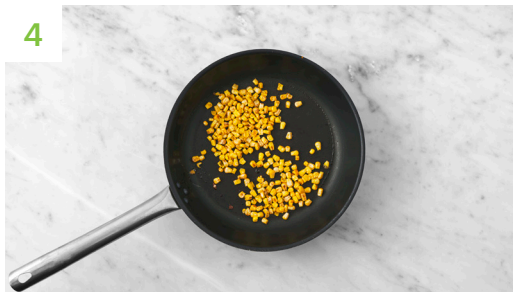
 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Time to Char

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.
- Once charred, add the **sweetcorn** to a small bowl. Stir in the **sambal**. Season with **salt** and **pepper**. Set aside.



Get Pickling

- Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- In a medium bowl, combine the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Season with **salt**, then add the **carrot**. Mix together well, then set aside to pickle.
- Halve any thick **broccoli stems** lengthways.
- Drain the **sweetcorn** in a sieve.



Finishing Touches

- 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.
- Once the **broccoli** is cooked, add the **honey-miso sauce** to the **broccoli** and turn to coat.
- When the **rice** is cooked, stir through the **pickling liquid** from the **carrots**. Season with **salt** and **pepper**.



Roast the Broccoli

- Pop the **Tenderstem® broccoli** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until tender and crispy, 10-12 mins.
- Meanwhile, in a small bowl, combine the **miso** and **honey** with a **tbsp** of **water**. Set aside. **TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.**



Serve

- Share the **rice** between bowls.
- Top with the **pickled carrot**, **sweetcorn** and **broccoli** in separate sections.
- Pour over the remaining **sauce** from the tray, then fan out the **avocado** in the centre.
- Drizzle the **sriracha** and **mayonnaise** (see pantry for amount) over the top to finish.

Enjoy!