



Spicy Peanut Tenderstem® Broccoli Side Dish with Gochujang and Toasted Sesame Seeds

Special Sides 10-15 Minutes • Medium Spice • Veggie

6A

Find all your unchilled Market items in bag A.



Tenderstem® Broccoli



Garlic Clove



Sesame Oil



Roasted White Sesame Seeds



Gochujang Paste



Peanut Butter

Pantry Items

Sugar, Salt, Pepper, Honey

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

Garlic press, frying pan, lid, kettle and bowl.

Ingredients

Ingredients	Quantity
Tenderstem® Broccoli**	150g
Garlic Clove**	1
Sesame Oil 3)	20ml
Roasted White Sesame Seeds 3)	5g
Gochujang Paste 11)	30g
Peanut Butter 1)	30g

Pantry	Quantity
Sugar*	½ tsp
Honey*	½ tbsp
Hot Water*	1½ tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	136g	100g
Energy (kJ/kcal)	1134 / 271	837 / 200
Fat (g)	19.8	14.6
Sat. Fat (g)	3.5	2.6
Carbohydrate (g)	12.9	9.5
Sugars (g)	9.4	6.9
Protein (g)	9.2	6.8
Salt (g)	0.95	0.70

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

Allergens

1) Peanut **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, 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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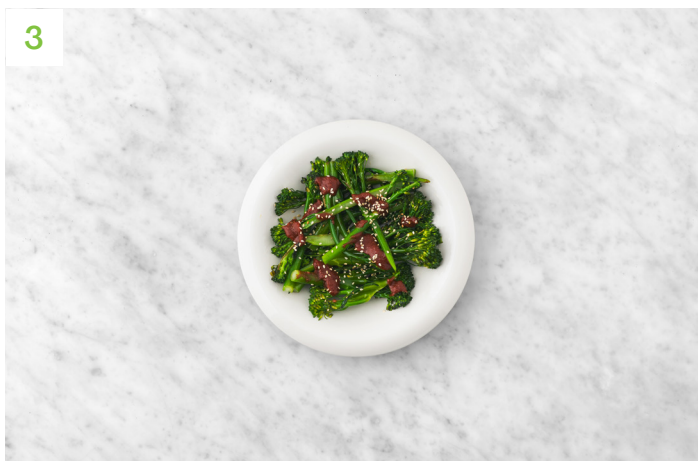
1



2



3



Bring on the Broccoli

- Halve any thick **broccoli stems** lengthways.
- Peel and grate the **garlic** (or use a garlic press).

Into the Pan

- Heat the **sesame oil** in a large frying pan on medium-high heat.
- Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.
- Add the **garlic, sugar** (see pantry for amount) and **three quarters** of the **sesame seeds**, then add a splash of **water** and cover with a lid (or foil). Allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.

Make the Spicy Peanut Sauce

- Meanwhile, boil a small amount of **water** in the kettle.
- Combine in a small bowl the **gochujang paste** (add less if you'd prefer things milder), **peanut butter, honey** and **hot water** (see pantry for both amounts).
- Once cooked, pop your **sesame Tenderstem®** onto your serving plate.
- Drizzle over the **spicy peanut sauce** and sprinkle over the remaining **sesame seeds** to finish.

Enjoy!