



# Honey-Miso Cauliflower Poke Bowl

with Smacked Cucumber Salad and Sriracha Avocado

43

**Classic** 25-30 Minutes • **Medium Spice** • 2 of your 5 a day



Garlic Clove



Jasmine Rice



Cauliflower Florets



Baby Cucumber



Rice Vinegar



Sambal Paste



Miso Paste



Honey



Avocado



Sriracha Sauce



Roasted White Sesame



King Prawns

### Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Mayonnaise

### + Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!



Poke, pronounced poh-kay, is one of Hawaii's most well-known dishes. Poke means 'to slice' or 'cut crosswise into pieces', so we've made a delicious veggie version for our Honey-Miso Cauliflower Poke Bowl.



## 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

Saucepan, garlic press, lid, baking tray, bowl, rolling pan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Cauliflower Florets**	300g	450g	600g
Baby Cucumber**	1	1½	2
Rice Vinegar	22ml	30ml	44ml
Sambal Paste	30g	45g	60g
Miso Paste <b>11</b> )	15g	22g	30g
Honey	15g	22g	30g
Avocado	1	1½	2
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds <b>3</b> )	5g	7g	10g
King Prawns* <b>5</b> )	150g	225g	300g

Pantry	2P	3P	4P
Butter*	30g	45g	60g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	120ml	150ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>652g</b>	<b>100g</b>	<b>727g</b>	<b>100g</b>
Energy (kJ/kcal)	3223 / 770	494 / 118	3389 / 810	466 / 111
Fat (g)	42.8	6.6	43.2	5.9
Sat. Fat (g)	12.6	1.9	12.8	1.8
Carbohydrate (g)	85.2	13.1	85.2	11.7
Sugars (g)	19.0	2.9	19.0	2.6
Protein (g)	13.2	2.0	21.1	3.0
Salt (g)	1.96	0.30	2.97	0.41

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

## Allergens

**3**) Sesame **5**) Crustaceans allergen **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.

You can recycle me!

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



## Cook the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in **half** the **butter** (see pantry for amount).

Peel and grate the **garlic** (or use a garlic press). Once hot, add the **garlic** and stir-fry for 1 min.

Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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).



## Bring on the Miso Sauce

Pop a small saucepan on medium-high heat (no oil).

Add the **miso paste, honey, water for the sauce** (see pantry for amount) and the remaining **sambal**. **TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.**

Bring to a boil, then lower the heat and simmer until reduced by half, 3-5 mins.

Remove from the heat, then stir through the remaining **butter** (see pantry for amount). Season with **salt and pepper**. Add a splash of **water** if it's a little too thick.



## Cauliflower Power

Meanwhile, halve any large **cauliflower florets**.

Pop the **cauliflower** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat. Spread them out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.

### + Add King Prawns

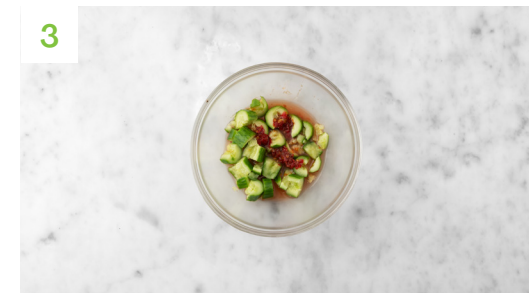
If you're adding **prawns**, drain them, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, fry, 4-5 mins, then continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**



## All Together Now

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then thinly slice. Season with **salt and pepper**.

Fluff up the **rice** with a fork. Carefully pour any **pickling liquid** from the **cucumber salad** into the **rice** and mix through.

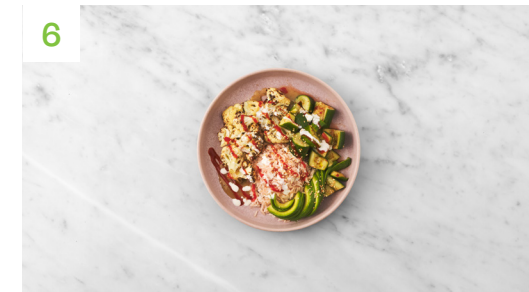


## Make the Cucumber Salad

Next, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a medium bowl, combine the **rice vinegar, sugar for the pickle** (see pantry for amount) and **half** the **sambal** (add less if you'd prefer things milder). Season with **salt and pepper**.

Add the **cucumber chunks** to the bowl and toss through the **pickling liquid**. Set aside for now.



## Assemble and Serve

Share the **garlic butter rice** between your bowls.

Top with the **roasted cauliflower, cucumber salad** and **avocado slices** in separate sections. Spoon the **honey-miso sauce** over the **cauliflower**.

Drizzle the **sriracha** and **mayo** (see pantry for amount) over your **poke** bowl. Scatter with the **sesame seeds** to finish.

Enjoy!