



Honey Miso Sweet Potato Poke Bowl with Pickled Carrot, Tenderstem® Broccoli and Peanuts

20

Classic 35-40 Minutes • Medium Spice • 4 of your 5 a day



Sweet Potato



Basmati Rice



Salted Peanuts



Tenderstem® Broccoli



Carrot



Rice Vinegar



Miso Paste



Honey



Sambal Paste



King Prawns

Recipe Update

Due to quality issues with **butternut squash**, you'll instead receive **sweet potato**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, kettle, rolling pin, peeler, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Basmati Rice	150g	225g	300g
Salted Peanuts 1)	25g	40g	50g
Tenderstem® Broccoli**	80g	150g	150g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Miso Paste 11)	30g	45g	60g
Honey	30g	45g	60g
Sambal Paste	15g	23g	30g
King Prawns**	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Boiled Water for the Dressing*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	477g	100g	552g	100g
Energy (kJ/kcal)	2945 / 704	617 / 148	3164 / 756	573 / 137
Fat (g)	11.1	2.3	11.8	2.1
Sat. Fat (g)	2.0	0.4	2.3	0.4
Carbohydrate (g)	132.9	27.8	132.9	24.1
Sugars (g)	35.5	7.4	35.5	6.4
Protein (g)	17.5	3.7	29.3	5.3
Salt (g)	2.20	0.2	2.92	0.53

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

Allergens

1) Peanut **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, milk, egg, mustard, celery, soya, 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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Roast the Sweet Potato

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

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

Pop the **sweet potato** 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.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Miso Honey Dressing Time

In a small bowl or a jug, combine the **boiled water for the dressing** (see pantry for amount), **miso paste**, **honey** and **sambal**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Cook the Rice

Meanwhile, 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).



Stir-Fry the Broccoli

Next, pop a large frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

CUSTOM RECIPE

If you're adding **prawns** to your meal, cook the **broccoli** first, then transfer to a plate and cover. Return the pan to medium-high heat with a drizzle of oil. Fry the **prawns** for 4-5 mins, then season. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Get Prepped

While the **rice** cooks, boil a half-full kettle for the **dressing**.

Crush the **peanuts** in the unopened sachet using a rolling pin. Halve any thick **broccoli stems** lengthways.

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

Pop the **carrot ribbons** into a small bowl with the **rice vinegar** and **sugar for pickling** (see pantry for amount). Add a pinch of **salt**, mix together, then set aside.



Finish and Serve

When everything's ready, pour the **carrot pickling liquid** into the **rice** and fluff it up with a fork, then share between your bowls.

Top the **rice** with the **sweet potato** and spoon over the **miso honey dressing**.

Add the **Tenderstem®** and **pickled carrot** to the bowl, then scatter over the peanuts to finish

Enjoy!