



Honey Miso Butternut Squash Rice Bowl

with Sambal Pickled Carrot, Mangetout and Peanuts

44

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie



-  Butternut Squash
-  Basmati Rice
-  Coriander
-  Salted Peanuts
-  Carrot
-  Rice Vinegar
-  Sambal
-  Miso Paste
-  Honey
-  Mangetout

Pantry Items
Oil, Salt, Pepper, Sugar

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, rolling pin, peeler, bowl, measuring jug, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	50g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Sambal	30g	45g	60g
Miso Paste 11)	30g	45g	60g
Honey	30g	45g	60g
Mangetout**	150g	230g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	2 tsp	3 tsp	4 tsp
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	575g	100g
Energy (kJ/kcal)	2510 /600	437 /104
Fat (g)	11.8	2.1
Sat. Fat (g)	1.9	0.3
Carbohydrate (g)	112.4	19.6
Sugars (g)	35.8	6.2
Protein (g)	17.2	3.0
Salt (g)	2.02	0.35

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 Butternut

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut widthways into 1cm thick slices.

Pop the **butternut** 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 Sauce Time

In a bowl or a jug, combine the **water for the sauce** (see pantry for amount), **miso paste**, **honey** and the remaining **sambal**. Season with **salt** and **pepper** and mix well. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Pour the **miso sauce** into a large frying pan and pop on medium-high heat. Simmer until thickened, 7-8 mins.

Once thickened, return the **sauce** to the bowl or jug and set aside for later. Wipe out the pan and set aside.



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 Mangetout

When the **butternut squash** has 5 mins left, spoon over a **quarter** of the **miso sauce**. Toss to coat and return to the oven for the remaining time.

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **mangetout** and stir-fry until tender, 2-3 mins, then remove from the heat and cover with a lid or foil to keep warm.



Get Prepped

While the **rice** cooks, roughly chop the **coriander** (stalks and all). Crush the **peanuts** in the unopened sachet using a rolling pin.

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**, **sugar for pickling** (see pantry for amount) and **half** the **sambal**. Add a pinch of **salt**, mix together, then set aside.



Finish and Serve

Pour the **carrot pickling liquid** into the **rice** and fluff it up with a fork. Stir through **half** the **chopped coriander**, then share between your bowls.

Top the **rice** with the **sticky miso butternut squash**, **mangetout** and **sambal pickled carrot**. Spoon over the remaining **miso sauce** from your bowl or jug.

Scatter over the **peanuts** and remaining **coriander** to finish.

Enjoy!