



# Spicy Sesame Teriyaki Cauliflower

with Pepper, Mangetout, Zesty Rice and Peanuts

4

Classic 20-25 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Basmati Rice



Cauliflower Florets



Bell Pepper



Garlic Clove



Lime



Mangetout



Ginger Puree



Teriyaki Sauce



Sriracha



Salted Peanuts

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, lid, baking tray, garlic press, fine grater, frying pan and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Cauliflower Florets**	300g	450g	600g
Bell Pepper***	1	1½	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Mangetout**	80g	150g	150g
Ginger Puree	15g	23g	30g
Teriyaki Sauce <b>11)</b>	50g	75g	150g
Sriracha	30g	45g	60g
Salted Peanuts <b>1)</b>	25g	40g	50g

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

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2110 / 504	488 / 117
Fat (g)	9.2	2.1
Sat. Fat (g)	1.7	0.4
Carbohydrate (g)	89.0	20.6
Sugars (g)	20.7	4.8
Protein (g)	15.8	3.6
Salt (g)	2.42	0.56

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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### Cook the Rice

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

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 Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced pepper** and fry until just soft, 3-4 mins. Continue to stir while it cooks.

Add the **mangetout, ginger puree** and **garlic**. Fry for 1-2 mins.



### Cauliflower Time

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.



### Sauce Things Up

Stir the **teriyaki sauce, sriracha** and **water for the sauce** (see pantry for amount) into the **veg** pan. Lower the heat, stir and simmer until slightly thickened, 3-4 mins.

Crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **cauliflower** has finished roasting, add to your **veg** pan and toss to coat in the **spicy sauce**.

Add a squeeze of **lime juice**. Season to taste and add a splash more **water** if needed.



### Get Prepped

While the **cauliflower** roasts, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.



### Finish and Serve

Fluff up your **rice** with a fork and stir in the **lime zest**. Share between your bowls.

Top with your **teriyaki vegetables**, then sprinkle over the **crushed peanuts**.

Serve any remaining **lime wedges** alongside.

### Enjoy!