



Bang Bang Broccoli

with fragrant rice and sweet chilli sauce

Family Veggie 30-35 mins

9



Breadcrumbs



Carrot



Scallion



Cucumber



Sweet Chilli Sauce



Soy Sauce



Red Wine Vinegar



Aioli



Jasmine Rice



Broccoli

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pan with lid, pot with lid

Ingredients

	2P	4P
Breadcrumbs	1 pack	2 packs
Carrot	1 unit	2 units
Scallion	2 units	4 units
Cucumber	½ unit	1 unit
Sweet Chilli Sauce	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Red Wine Vinegar	½ sachet	1 sachet
Aioli	2 sachets	4 sachets
Jasmine Rice	150 g	300 g
Broccoli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	618.8 g	100 g
Energy (kJ/kcal)	3476 kJ/ 831 kcal	562 kJ/ 134 kcal
Fat (g)	34.7 g	5.7 g
Sat. Fat (g)	2.8 g	0.5 g
Carbohydrate (g)	114.7 g	18.5 g
Sugars (g)	19 g	3.1 g
Protein (g)	23.2 g	3.6 g
Salt (g)	3.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

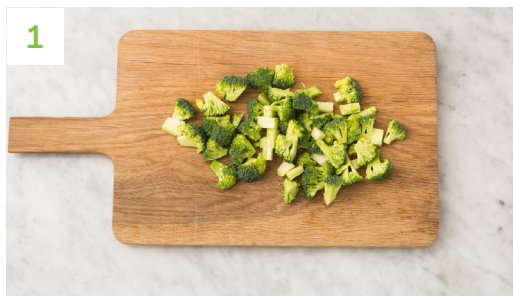
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

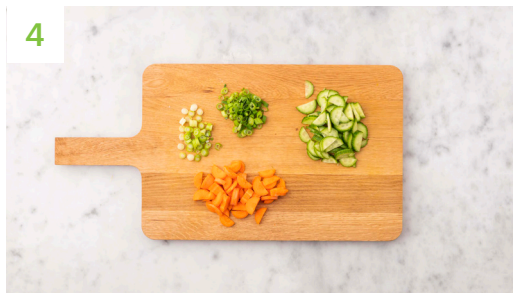


You can recycle me!



Coat the Florets

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **broccoli** into florets. Halve any large florets.
- Pop into a mixing bowl. Add **half** the **aioli** and toss to coat.
- In a separate bowl, mix the **breadcrumbs** with ¼ tsp **salt** and 1 tbsp **oil** (double both for 4p).
- Add the **breadcrumb** mix to the **broccoli** and toss to coat evenly.



Prep the Veg

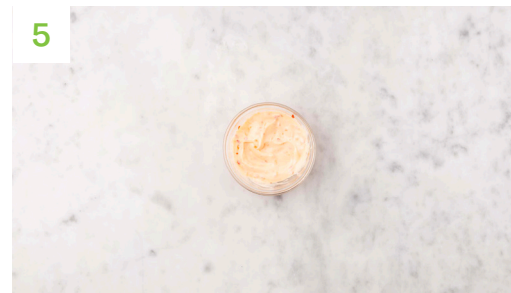
- Meanwhile, trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.
- Trim **half** the **cucumber** (double for 4p). Halve lengthways then thinly slice widthways.
- Trim and thinly slice the **scallion**. Separate the green portions from the white.



Bake the Broccoli

- Pop the coated **broccoli** onto a lined baking tray and arrange in a single layer—well spaced out.
- When the oven is hot, roast on the top shelf until golden and crispy, 20-25 mins.

TIP: If the florets don't fit in a single spaced out layer spread them across two baking trays.



Make the Bang Bang Sauce

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** until tender, 4-5 mins.
- Add **soy sauce** and the whites of the **scallion** and cook for 1-2 mins.
- Remove the pan from the heat and cover to keep the veg warm. Season with **salt** and **pepper**.
- To make the bang bang sauce, combine **half** the **vinegar** (double for 4p), the **sweet chilli sauce** and the remaining **aioli** in a bowl.



Cook Your Rice

- Meanwhile, add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Serve and Enjoy

- Fluff up the **rice** with a fork and divide between bowls.
- Top with crispy **broccoli**, fried veg and sliced **cucumber**.
- Finish with a drizzle of bang bang sauce and a sprinkling of green **scallion**.

Enjoy!