



Steamed Vegetable Parcels

with Ginger Rice



30-40min



2 Portions

Wholesome, nutritious and delicious are the perfect words to describe this satisfying vegetarian dinner. Brown rice is not only high in fibre, but also low-GI meaning you will be fuller for longer, plus we've also given you a parcel of perfectly steamed vegetables that match the rice perfectly.

What we send

- 4 spring onion, coriander, ginger and 2 garlic cloves
- lime
- star anise
- zucchini
- broccoli
- baby bok choy
- brown rice

What you'll require

- Australian honey
- salt
- soy sauce ⁶
- vegetable oil

Utensils

- baking paper
- grater
- medium saucepan
- sieve
- Steamer
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 550.0kcal, Fat 7.8g, Proteins 22.7g, Carbs 87.6g



1. Cook rice

Rinse the **rice** in a sieve under running water then place in a medium saucepan with plenty of cold water. Season with **sea salt** then bring to the boil. Reduce heat and simmer over medium heat for 25 mins or until tender. Drain.



4. Cook parcels

Place the **parcels** in a double steamer/bamboo steamer and steam over just simmering water for 5 mins. Remove from heat and stand for 5 mins.



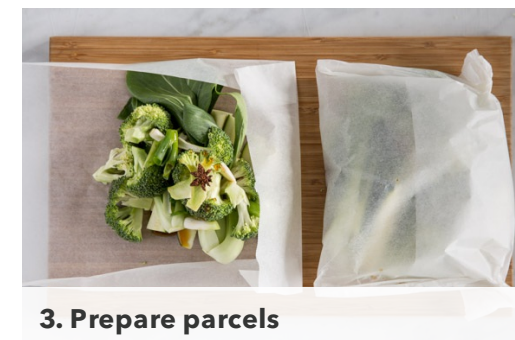
2. Prepare ingredients

Meanwhile, cut **broccoli** into large florets and slice the stalk. Halve the **bok choy**. Trim and cut **zucchini** into thick batons. Cut the **spring onions** in half and then into quarters. Slice the **garlic**. Zest the **lime**. Squeeze the juice into a bowl. Peel and shred the **ginger**.



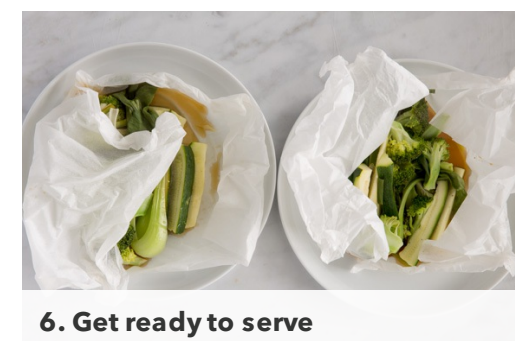
5. Stir-fry rice

Meanwhile, pick the **coriander** leaves (discard stems). Heat 2 tsp **oil** in a wok or deep frypan over high heat. Stir-fry the **ginger, garlic** and **lime zest** for 30 secs or until fragrant. Stir in the **rice** and **coriander** and remove from the heat.



3. Prepare parcels

In a small bowl, combine **lime juice**, 2 tbs **soy sauce** and 2 tsp **honey**. Take 2 large pieces of baking paper and make a fold line down the centre. Divide the **vegetables** and **onion** between the two pieces and fold up three of the sides to form a border. Add the **star anise** and **soy honey mixture**. Fold the other half of the paper over and turnover edges to seal well.



6. Get ready to serve

Carefully open the **parcels** being careful with the steam and place on plates. Serve with the **ginger rice**.