

MARLEY SPOON



Warm Veggie Rolls

with Wasabi Mayo and Sweet Potato Fries



30-40min



4 Portions

Celebrate summer with these wasabi-spiked veggie rolls. Instead of plain white bread, we've used toasted milk buns, and filled them with a tempting mix of cabbage, carrot, beetroot, zucchini and crunchy sunflower seeds tossed with soy sauce. Just bake sweet potato wedges while you're prepping, and finish off the rolls with the zingy wasabi mayo.

What we send

- carrot, beetroot
- aioli mayonnaise ³
- zucchini
- sesame oil ¹¹
- sunflower seeds
- cabbage
- sweet potato
- coriander
- bread bun ^{1,3,6,7}
- poppy seeds
- wasabi

What you'll require

- olive oil
- sea salt and pepper
- soy sauce ⁶
- sugar
- vinegar

Utensils

- baking paper
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 925kcal, Fat 35.3g, Carbs 149.7g, Proteins 19.2g



1. Cook fries

Preheat the oven to 220C. Line a large oven tray with baking paper. Wash, then cut the unpeeled **sweet potatoes** into 2cm-wide wedges and put on the tray. Drizzle with **1½ tbs olive oil** and season with **salt and pepper**. Toss well to coat, then roast, tossing halfway through, for 20-25 mins until golden and tender.



4. Prepare salad ingredients

Peel the **carrots** and **beetroot**, then shred with a julienne peeler or coarsely grate with a box grater. Thinly slice the **cabbage**. Finely chop the **coriander**, including the stems.



2. Prepare sauces

Meanwhile, combine the **mayonnaise** and **wasabi** in a small bowl. In a separate small bowl, whisk the **sesame oil**, **2 tbs soy sauce**, **2 tbs vinegar** and **1 tsp sugar** until the sugar is dissolved.



5. Make salad

Combine the **carrot**, **beetroot**, **cabbage**, **coriander**, **poppyseeds** and **sunflower seeds** in a large bowl. Add the **soy dressing** and toss to combine. In the reserved pan, in batches, cook the **zucchini** over medium-high heat for 1-2 mins each side until tender and lightly golden.



3. Toast sunflower seeds

Trim the **zucchini**, then thinly slice lengthwise into 5mm slices and cut in half crosswise. Put the zucchini and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to coat. Put the **sunflower seeds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl and reserve the pan.



6. Get ready to serve

Heat the oven grill to high. Cut the **milk buns** in half horizontally and grill the cut sides for 1-2 mins until toasted. Spread the bun bases and tops with the **wasabi mayonnaise**. Put some **zucchini** and **salad** on the bases and sandwich with the tops. Serve the warm veggie rolls with the **sweet potato wedges** and **remaining salad**.