



HELLO
FRESH

Miso-Sesame Garlic Butter Hispi Cabbage

with Creamy Gochujang Butter Beans

Calorie Smart

Preparation time : 40 min.



Sweetheart



Onion



Cabbage



Sweet Potato



Garlic Clove



Gochujang
Paste



Miso Paste



Vegetable
Stock Paste



Butter Beans



Creme Fraiche



Baby Spinach



Butter



Roasted White
Sesame Seeds



Water for the
Sauce



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/miso-sesame-garlic-butter-hispi-cabbage-189>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweetheart Cabbage (unit(s))	1	1½	2
Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	4	6	8
Sweet Potato (unit(s))	1	2	2
Miso Paste (grams)	15	22	30
Gochujang Paste (grams)	30	50	60
Butter Beans (carton(s))	1	2	2
Vegetable Stock Paste (grams)	10	15	20
Baby Spinach (grams)	40	100	100
Creme Fraiche (grams)	75	150	150
Roasted White Sesame Seeds (grams)	5	7½	10
Butter (grams)	20	30	40
Honey (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	50	75	100
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2699 kj
Energy (kcal)	645 kcal
Fat	25.8 g
of which saturates	13.6 g
Carbohydrate	70.3 g
of which sugars	34.3 g
Dietary Fibre	27.1 g
Protein	22.1 g
Salt	3.38 g

Allergens

Milk, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Almonds, Cashew nuts, Peanut, Walnuts, Sesame, Nuts

Always check the product labels for allergen information.



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Quarter the **hispi cabbage** through the root so you have 2 wedges per person.
Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
Chop the **sweet potato** into 2cm chunks (no need to peel).



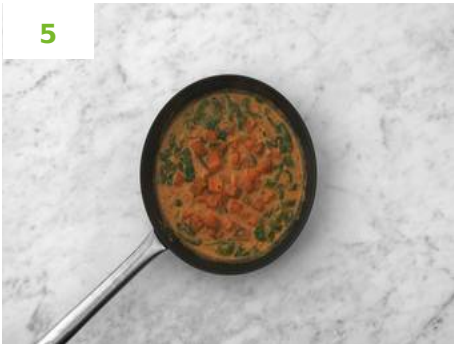
Make your Miso Butter

While the **cabbage** roasts, pop your pan back on medium heat and add the **butter** (see pantry for amount).
Allow the **butter** to melt, then stir in the **miso**, **half** the **garlic** and **half** the **honey** (see pantry for amount). Stir together until combined and pour into a small bowl. Set aside.
Pop your pan back on medium heat and add a drizzle of **oil** (no need to clean).
Add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



Roasting Time

Put the **sweet potato chunks** 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, 25-35 mins. Turn halfway through.



Cook the Beans

Once the **onion** is cooked, stir in the **gochujang** and remaining **garlic**. Cook for 1 min, then pour in the **butter beans** and their **liquid**. Add the **veg stock paste**, remaining **honey** and **water for the sauce** (see pantry for both amounts).
Bring to the boil and simmer until thickened, 4-5 mins. Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
Stir in the **creme fraiche** and remove from the heat. **TIP:** Add a splash of water if you feel it needs it - you want it quite saucy.



Char your Cabbage

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, place the **cabbage wedges** in the pan, cut-side down. Season with **salt** and **pepper** and cook until charred and slightly softened, 2-3 mins each cut side.
Transfer the **cabbage wedges** to a baking tray and roast on the middle shelf of your oven until tender, 20 mins.



Finish and Serve

Once the **sweet potato** is cooked, stir it into the **butter beans**. Taste and add **salt** and **pepper** if needed.
Serve the **butter beans** in bowls and place the **hispi cabbage** on top (2 wedges per person).
Drizzle the **miso butter** over the **cabbage** and sprinkle with the **sesame seeds**.

Enjoy your meal!