



Sticky Asian Veggie Mince Stir-Fry & Garlic Rice

with Asian Greens & Crushed Peanuts

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Asian Greens



Carrot



Onion



Plant-Based Mince



Sweet Soy Seasoning



Asian Stir-Fry Sauce



Crushed Peanuts



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

A stir-fry sauce can do no wrong, in fact it's perfection when cooked with veggie mince, creating lovely sticky flavours. There's veggies and a fragrant garlic rice to absorb all the leftover sauce. It's too good to miss!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
Asian greens	2 bunches	4 bunches
carrot	1	2
onion	1 (medium)	1 (large)
plant-based mince	1 packet	2 packets
sweet soy seasoning	½ sachet	1 sachet
Asian stir-fry sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
beef mince**	1 packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3589kJ (858Cal)	604kJ (144Cal)
Protein (g)	34g	5.7g
Fat, total (g)	31.7g	5.3g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	102.6g	17.3g
- sugars (g)	25g	4.2g
Sodium (mg)	2354mg	396mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3780kJ (903Cal)	610kJ (146Cal)
Protein (g)	42.6g	6.9g
Fat, total (g)	35.8g	5.8g
- saturated (g)	15.1g	2.4g
Carbohydrate (g)	95.8g	15.5g
- sugars (g)	23.8g	3.8g
Sodium (mg)	1646mg	266mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the veggie mince

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **5-6 minutes**.

Custom Recipe: If you've swapped from plant-based mince to beef mince, cook beef, breaking up with a spoon, until just browned, 4-5 minutes. Continue with step.

2



Get prepped

- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Thinly slice **onion**.

5



Add the sauce

- Add **sweet soy seasoning** (see ingredients) and remaining **garlic** and cook, stirring until fragrant, **1 minute**.
- Reduce heat to low, then add **cooked veggies**, **Asian stir-fry sauce**, the **vinegar** and a splash of **water** and cook, stirring, until slightly reduced and sticky, **1-2 minutes**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion** until tender, **4-5 minutes**.
- Add **Asian greens** and cook until just wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between bowls.
- Top with sticky veggie mince stir-fry. Garnish with **crushed peanuts** to serve. Enjoy!

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