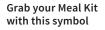


Sticky Asian Veggie Mince Stir-Fry & Garlic Rice with Asian Greens & Crushed Peanuts

EXPLORER

CLIMATE SUPERSTAR













Carrot

Asian Greens



Onion







Sweet Soy Seasoning



Crushed Peanuts





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!



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 \cdot Large frying pan

Ingredients

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	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	1/2 (medium)	1 (medium)
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 small 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)	1660mg	268mg

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

2024 | CW05



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!



Get prepped

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



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.



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.



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. Cook, stirring, until slightly reduced and sticky, 1-2 minutes.



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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