



Vietnamese-Style Mushroom Rice Bowl

with Cucumber Slaw & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Button Mushrooms



Fresh Chilli (Optional)



Asian Stir-Fry Sauce



Sriracha



Shredded Cabbage Mix



Plant-Based Mayo



Crispy Shallots



Coriander



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Plant Based^
 Calorie Smart^
^Custom recipe is not Calorie Smart or Plant Based

We love a classic Vietnamese-style rice bowl, so let's put it to the test. There's a collection of veggies including meaty mushrooms, a sticky stir-fry sauce, plant-based mayo to mellow it out and a garnish of crispy shallots for crunch. It passes with flying colours!

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

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce, Sesame Oil, 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 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
button mushrooms	1 large packet	2 large packets
fresh chilli  (optional)	½	1
Asian stir-fry sauce	½ medium packet	1 medium packet
sriracha	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (650Cal)	450kJ (108Cal)
Protein (g)	15.3g	2.5g
Fat, total (g)	22.3g	3.7g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	91.7g	15.2g
- sugars (g)	22.1g	3.7g
Sodium (mg)	1110mg	184mg
Dietary Fibre (g)	13.6g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	446kJ (107Cal)
Protein (g)	54.2g	6.9g
Fat, total (g)	25.6g	3.3g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	92.7g	11.9g
- sugars (g)	22.3g	2.9g
Sodium (mg)	1245mg	159mg
Dietary fibre	13.6g	1.7g

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.

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



Finish the mushrooms

- Add the remaining **garlic** to the pan and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **Asian Stir-Fry sauce**, **sriracha**, the **soy sauce**, **sesame oil** and a splash of water. Toss **mushrooms** to coat and season to taste.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **button mushrooms** and **fresh chilli** (if using).

Custom Recipe: If you've added chicken breast to your meal, cut into 2cm chunks.

5



Toss the slaw

- In a medium bowl, combine **shredded cabbage mix**, **cucumber**, the **sesame oil** and a drizzle of **vinegar** and **olive oil**.
- Toss to combine and season to taste.

3



Cook the mushrooms

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **mushrooms**, stirring, until tender, **6-8 minutes**.

Custom Recipe: Heat the frying pan over high heat with a drizzle of olive oil. Cook chicken with the mushrooms until tender and cooked through (when no longer pink inside), 6-8 minutes.

6



Serve up

- Divide garlic rice between bowls.
- Top with Vietnamese-style mushrooms and cucumber slaw.
- Dollop with **plant-based mayo**.
- Garnish with **crispy shallots** and **chilli**.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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