

# Sticky Veggie Mince Stir-Fry & Garlic Rice

with Asian Greens & Slivered Almonds

ALTERNATIVE PROTEIN

Grab your meal kit with this number

31



Garlic



Jasmine Rice



Asian Greens



Carrot



Onion



Plant-Based Mince



Sweet Soy Seasoning



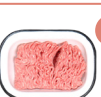
Asian Stir-Fry Sauce



Slivered Almonds



Beef Mince



Pork Mince

### Recipe Update

We've replaced the crushed peanuts in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Protein Rich

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!

### Pantry items

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian greens	2 packets	4 packets
carrot	1	2
onion	½	1
plant-based mince	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
Asian stir-fry sauce	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
slivered almonds	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2755kJ (658cal)	255kJ (61cal)
Protein (g)	30.5g	2.8g
Fat, total (g)	31.5g	2.9g
- saturated (g)	8.6g	0.8g
Carbohydrate (g)	58.6g	5.4g
- sugars (g)	20.7g	1.9g
Sodium (mg)	2014mg	186.3mg
Dietary Fibre (g)	15.3g	1.4g

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](https://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



## Cook the 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**.

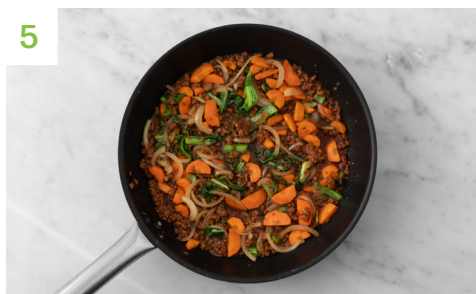
2



## Get prepped

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

5



## Add the sauce

- Add **sweet soy seasoning** 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**.

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.
- Sprinkle over **slivered almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



## CUSTOM OPTIONS



### SWAP TO BEEF MINCE

Follow method above.



### SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

