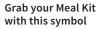


Chinese Veggie Mince & Capsicum Stir-Fry with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

















Zucchini





Plant-Based Asian Mushroom Sauce





Mixed Sesame Seeds



Plant-Based



Chilli Flakes (Optional)



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



All good dishes come with a bed of jasmine rice sitting perfectly in the bottom of your bowl. This fluffy and fragrant rice absorbs all of the Chinese flavours packed into the plant-based mince and with a sprinkling of chilli flakes and sesame seeds, you've got the crunch and heat factor turned up a notch as well.

Olive Oil, Plant-Based Butter, Soy Sauce, 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

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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 medium packet	1 large packet		
capsicum	1	2		
carrot	1	2		
zucchini	1	2		
plum sauce	1 packet	2 packets		
plant-based Asian mushroom sauce	1 medium packet	1 large packet		
soy sauce*	1 tbs	2 tbs		
vinegar* (white wine or rice wine)	½ tbs	1 tbs		
sesame oil blend	1 packet	2 packets		
mixed sesame seeds	1 medium packet	1 large packet		
plant-based mince	1 packet	2 packets		
chilli flakes / (optional)	pinch	pinch		
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)	3810kJ (911Cal)	631kJ (151Cal)
Protein (g)	28.7g	4.8g
Fat, total (g)	35.5g	5.9g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	112.8g	18.7g
- sugars (g)	21g	3.5g
Sodium (mg)	2151mg	356mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3902kJ (933Cal)	620kJ (148Cal)
Protein (g)	40.3g	6.4g
Fat, total (g)	36g	5.7g
- saturated (g)	9.3g	1.5g
Carbohydrate (g)	107.4g	17.1g
- sugars (g)	19.9g	3.2g
Sodium (mg)	1628mg	259mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make 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 all the water is absorbed, 10-15 minutes.

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



Get prepped

- Meanwhile, thinly slice capsicum.
- Thinly slice carrot and zucchini into half-moons.
- In a small bowl, combine plum sauce, plantbased Asian mushroom sauce, the soy sauce, the vinegar, sesame oil blend and a splash of water. Set aside.
- Heat a large frying pan over medium-high heat. Toast mixed sesame seeds, tossing, until golden, 3-4 minutes. Transfer to a small bowl.



Cook the veggies

- · Return frying pan to high heat with a drizzle of olive oil. Add capsicum, zucchini and carrot and cook, tossing, until tender, **5-6 minutes**.
- · Add remaining garlic and cook until fragrant, 1 minute.
- · Transfer to a bowl.



Cook the plant-based mince

- · Return frying pan to medium-high heat with a drizzle of olive oil.
- · Cook plant-based mince, breaking up with a spoon, until just browned, 4-5 minutes.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the plant-based mince. Drain oil from pan before returning veggies to pan for best results.



Add the sauce

• Return veggies to the pan and add plum sauce mixture, stirring, until slightly reduced, 1-2 minutes.



Serve up

- Divide garlic rice, veggie mince & capsicum stir-fry between bowls.
- · Garnish with toasted sesame seeds and chilli flakes (if using) to serve. Enjoy!

