



Chinese Veggie Mince & Capsicum Stir-Fry

with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Zucchini



Plum Sauce



Plant-Based Asian Mushroom Sauce



Sesame Oil Blend



Mixed Sesame Seeds



Plant-Based Mince



Chilli Flakes (Optional)



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

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.

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, 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
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.



1 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!



4 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.



2 Get prepped

- Meanwhile, thinly slice **capsicum**.
- Thinly slice **carrot** and **zucchini** into half-moons.
- In a small bowl, combine **plum sauce**, **plant-based 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.



5 Add the sauce

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



3 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.



6 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!

We're here to help!

Scan here if you have any questions or concerns

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