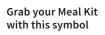


Plant-Based Mince & Veggie Stir Fry

with Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Basmati Rice

Dressing



Sweet Chilli Sauce

Plant-Based Asian Mushroom Sauce





Green Veg

Garlic Paste





Plant-Based Mince

Crushed Peanuts



Chilli Flakes (Optional)





Prep in: 15-25 mins Ready in: 20-30 mins

Plant-Based* *Custom Recipe is not Plant-Based A zap of garlic, a splash of plant-based mushroom sauce and for the final ingredient in our flavour potion, a good swig of sweet chilli sauce. Sit back and watch as a delicious dinner comes to life before your eyes, with this plant-based mince and veggie stir-fry being irresistible to anyone who takes a bite.

Pantry items

Olive 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 · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
Japanese style dressing	1 packet	2 packets	
sweet chilli sauce	1 small packet	1 medium packet	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	1 tsp	2 tsp	
green veg mix	1 medium packet	1 large packet	
garlic paste	1 packet	2 packets	
plant-based mince	1 packet	2 packets	
crushed peanuts	1 medium packet	1 large packet	
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)	2918kJ (697Cal)	717kJ (171Cal)
Protein (g)	28.5g	7g
Fat, total (g)	24.2g	5.9g
- saturated (g)	4.2g	1g
Carbohydrate (g)	85.9g	21.1g
- sugars (g)	17.6g	4.3g
Sodium (mg)	1924mg	473mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3011kJ (720Cal)	697kJ (167Cal)
Protein (g)	40.2g	9.3g
Fat, total (g)	24.8g	5.7g
- saturated (g)	7g	1.6g
Carbohydrate (g)	80.5g	18.6g
- sugars (g)	16.4g	3.8g
Sodium (mg)	1400mg	324mg

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, 12 minutes. Drain and return to saucepan.
- · Stir Japanese style dressing through rice.



Cook the veggies

- Meanwhile, in a small bowl, combine sweet chilli sauce, plant-based Asian mushroom sauce and the vinegar.
- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook green veg mix, tossing occasionally, until tender, 4-5 minutes.
- Add garlic paste 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,
- Remove pan from heat then add sauce mixture, cooked veggies and a splash of water, tossing to combine.

Custom Recipe: If you've swapped to beef mince, return frying pan to medium heat (no need to add oil to the pan!). When the pan is hot, cook beef mince, breaking up with a spoon, until just browned, 4-5 minutes. Continue as above.



Serve up

- · Divide rice between bowls.
- Top with plant-based mince and veggie stir-fry.
- Sprinkle over **crushed peanuts** and a pinch of **chilli flakes** (if using) to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

