



Plant-Based Mince & Veggie Stir Fry

with Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Japanese Style Dressing



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Green Veg Mix



Garlic Paste



Plant-Based Mince



Crushed Peanuts



Chilli Flakes (Optional)



Beef Mince

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.

CUSTOM RECIPE

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

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

	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



1



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.

3



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**.
- 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.

2



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.

4



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!

Rate your recipe

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