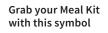


Ginger Lemongrass Plant-Based Mince with Peanut Rice & Quick-Prep Veggies

EXPLORER

CLIMATE SUPERSTAR











Crushed Peanuts



Asian Stir-Fry



Garlic Paste





Plant-Based Mince





Plant-Based Asian Mushroom Sauce



Crispy Shallots





Prep in: 15-25 mins Ready in: 25-35 mins

Plant Based* *Custom Recipe is not Plant Based Alternative proteins are all the rage and for good reason - as you'll soon find out, they work wonders mixed in with fragrant jasmine rice and all of your favourite veggies.

Pantry items Olive Oil

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	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
crushed peanuts	1 medium packet	1 large packet	
Asian stir-fry mix	1 medium packet	1 large packet	
garlic paste	1 packet	2 packets	
plant-based mince	1 packet	2 packets	
ginger lemongrass paste	1 packet	2 packets	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
crispy shallots	1 medium packet	1 large packet	
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)	2909kJ (695Cal)	717kJ (171Cal)
Protein (g)	28.5g	7g
Fat, total (g)	25.5g	6.3g
- saturated (g)	5.8g	1.4g
Carbohydrate (g)	91.4g	22.5g
- sugars (g)	14g	3.5g
Sodium (mg)	1713mg	422mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3002kJ (717Cal)	697kJ (167Cal)
Protein (g)	40.2g	9.3g
Fat, total (g)	26.1g	6.1g
- saturated (g)	8.6g	2g
Carbohydrate (g)	86g	20g
- sugars (g)	12.9g	3g
Sodium (mg)	1188mg	276mg

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





- In a medium saucepan, add the water and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and the water has absorbed, 12 minutes. Stir through crushed peanuts.

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



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook Asian stir-fry mix, tossing, until tender, 2-3 minutes.
- Add half the garlic paste and cook until fragrant, 1 minute. Transfer to a bowl, season and cover to keep warm.



Cook the 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.
- Add ginger lemongrass paste and remaining garlic paste and cook until fragrant. 1 minute.
- · Remove pan from heat and add plant-based Asian mushroom sauce and a splash of water, stirring, until combined. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before adding the ginger lemongrass paste for best results.



Serve up

- Divide peanut rice between bowls.
- Top with ginger lemongrass plant based mince and veggie stir-fry.
- Sprinkle over crispy shallots to serve. Enjoy!



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

