



Ginger Lemongrass Plant-Based Mince

with Peanut Rice & Quick-Prep Veggies

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Jasmine Rice



Crushed Peanuts



Asian Stir-Fry Mix



Garlic Paste



Plant-Based Mince



Ginger Lemongrass Paste



Plant-Based Asian Mushroom Sauce



Crispy Shallots



Beef Mince

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.

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

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

	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



1



Cook the rice

- 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!

3



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.

2



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.

4



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!

Rate your recipe

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