



Plant-Based Mince & Veggie Stir Fry

with Ginger Rice & Crushed Peanuts

ALTERNATIVE PROTEIN



Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



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: **10-20 mins**
Ready in: **25-35 mins**



Plant Based*

*Custom Recipe is not Plant Based

A zap of ginger, 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, Plant-Based Butter, 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 |
| plant-based butter* | 20g | 40g |
| ginger paste | 1 medium packet | 1 large packet |
| water* | 1¼ cups | 2½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| 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 bag | 1 large bag |
| 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) | 4152kJ (992Cal) | 851kJ (203Cal) |
| Protein (g) | 33.8g | 6.9g |
| Fat, total (g) | 26.5g | 5.4g |
| - saturated (g) | 5.6g | 1.1g |
| Carbohydrate (g) | 146.2g | 30g |
| - sugars (g) | 15.9g | 3.3g |
| Sodium (mg) | 1768mg | 362mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4245kJ (1015Cal) | 828kJ (198Cal) |
| Protein (g) | 45.5g | 8.9g |
| Fat, total (g) | 27.1g | 5.3g |
| - saturated (g) | 8.4g | 1.6g |
| Carbohydrate (g) | 140.8g | 27.5g |
| - sugars (g) | 14.8g | 2.9g |
| Sodium (mg) | 1244mg | 243mg |

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



Make the ginger rice

- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat.
- Cook **ginger paste** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** 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 the heat and keep covered until rice is tender and the water is absorbed, **12 minutes**.

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

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 from the heat.
- Add **sauce mixture**, cooked **veggies** and a splash of **water**. Stir until combined.

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 adding the sauce mixture.

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 medium-high heat.
- Cook **green veg mix**, tossing, until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl.

4



Serve up

- Divide ginger 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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