



Chinese Mushroom & Broccoli Stir-Fry

with Rice & Peanuts

NEW

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Green Beans



Carrot



Garlic



Sweet Black Bean Sauce



Sweet Chilli Sauce



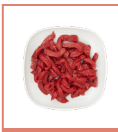
Asian BBQ Seasoning



Sliced Mushrooms



Crushed Peanuts



Beef Strips

Prep in: 10-20 mins
Ready in: 30-40 mins



Plant-Based*



Calorie Smart*

*Custom Recipe is not Plant Based or Calorie Smart



Eat Me Early

A zap of garlic, a splash of sweet black bean 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 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

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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
broccoli	1	2
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	1 clove	2 cloves
sweet black bean sauce	1 packet	2 packets
sweet chilli sauce	1 medium packet	2 medium packets
Asian BBQ seasoning	1 sachet	2 sachets
water* (for the sauce)	⅓ cup	⅔ cup
sliced mushrooms	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2259kJ (540Cal)	442kJ (106Cal)
Protein (g)	20.5g	4g
Fat, total (g)	6.8g	1.3g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	95g	18.6g
- sugars (g)	28g	5.5g
Sodium (mg)	1349mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3019kJ (722Cal)	474kJ (113Cal)
Protein (g)	50.5g	7.9g
Fat, total (g)	13.6g	2.1g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	95.1g	14.9g
- sugars (g)	28.1g	4.4g
Sodium (mg)	1408mg	221mg

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

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Make the stir-fry

- When rice has **10 minutes** remaining, in a large frying pan, heat a generous drizzle of **olive oil** over high heat.
- Cook **sliced mushrooms, broccoli and carrot**, tossing, until just tender, **4-5 minutes**.
- Add **green beans** and cook tossing, until tender, **2-3 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium and add **sweet black bean sauce mixture**, tossing until well combined, **1 minute**. Season with **pepper**.

Custom Recipe: If you've added beef strips, before cooking the mushrooms, when the oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue as above, returning all cooked beef to the pan before adding the sweet black bean sauce.

2



Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets.
- Trim and roughly chop **green beans**.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.
- In a small bowl, combine **sweet black bean sauce, sweet chilli sauce, Asian BBQ seasoning** and the **water (for the sauce)**.

4



Serve up

- Divide rice between plates.
- Top with Chinese mushroom and broccoli stir-fry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Custom Recipe: Top rice with Chinese beef, mushroom and broccoli stir-fry to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate