



Plant-Based Mince & Veggie Stir-Fry

with Ginger Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Zucchini



Carrot



Capsicum



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Garlic Paste



Plant-Based Mince



Crushed Peanuts



Chilli Flakes (Optional)



Beef Mince

Recipe Update

We've replaced the green beans in this recipe with zucchini due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 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	2 ½ cups
jasmine rice	1 medium packet	1 large packet
zucchini	1	2
carrot	1	2
capsicum	1	2
sweet chilli sauce	1 small packet	1 medium packet
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
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 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	614kJ (147Cal)
Protein (g)	27.9g	5.4g
Fat, total (g)	27.1g	5.3g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	95.3g	18.6g
- sugars (g)	26.1g	5.1g
Sodium (mg)	1780mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3243kJ (775Cal)	603kJ (144Cal)
Protein (g)	39.6g	7.4g
Fat, total (g)	27.7g	5.1g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	89.8g	16.7g
- sugars (g)	25g	4.6g
Sodium (mg)	1256mg	234mg

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



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 heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



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 heat.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork mince. For best results, drain oil from the pan before continuing with the next step.



Get prepped

- Meanwhile, trim and halve **green beans**.
- Cut **zucchini** and **carrot** into thin sticks.
- Thinly slice **capsicum**.
- In a small bowl, combine **sweet chilli sauce**, **plant-based Asian mushroom sauce** and the **vinegar**.



Make the stir fry

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini**, **capsicum** and **carrot**, tossing regularly, until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl.



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!

Custom Recipe: Top ginger rice with beef mince and veggie stir-fry to serve.

Rate your recipe

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