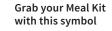


# Plant-Based Mince & Veggie Stir-Fry

with Ginger Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Zucchini



Carrot









Plant-Based Asian Mushroom Sauce



Garlic Paste



Plant-Based Mince



**Crushed Peanuts** 



Chilli Flakes (Optional)





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



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.

**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  $\cdot$  Large frying pan

# Ingredients

9			
	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			

<sup>\*</sup>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!



# 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.



# 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.



## 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.



# Make the stir fry

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



## 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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate