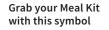


Asian Plant-Based Mince & Veggie Stir-Fry

with Ginger Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Green Beans Carrot





Sweet Chill



Plant-Based Asian Mushroom Sauce



Garlic Paste



Plant-Based



Mince







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.

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

	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	
green beans	1 medium packet	2 medium packets	
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 medium packet	2 medium packets	
plant-based mince	1 packet	2 packets	
chilli flakes / (optional)	pinch	pinch	
beef strips**	1 medium packet	2 medium packets OR 1 large packet	
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2901kJ (693Cal)	577kJ (138Cal)
Protein (g)	31.4g	6.2g
Fat, total (g)	19.4g	3.9g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	91.8g	18.3g
- sugars (g)	25.4g	5.1g
Sodium (mg)	1879mg	374mg
Dietary Fibre (g)	29g	5.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2842kJ (679Cal)	538kJ (129Cal)
Protein (g)	39g	7.4g
Fat, total (g)	17.8g	3.4g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	89g	16.9g
- sugars (g)	24.5g	4.6g
Sodium (mg)	1245mg	236mg
Dietary Fibre	23.9g	4.5g

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.



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 carrot into thin sticks.
- Thinly slice capsicum.
- In a small bowl, combine sweet chilli sauce, plant-based Asian mushroom sauce and the vinegar.

Custom Recipe: If you've swapped to beef strips, discard any liquid from the beef strips packaging.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans, 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: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.



Finish the stir fry

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



Serve up

- · Divide ginger rice between bowls.
- Top with **plant-based mince** and veggie stir-fry.
- Sprinkle over a pinch of chilli flakes (if using) to serve. Enjoy!

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

