



Asian Plant-Based Mince & Veggie Stir-Fry

with Ginger Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Ginger Paste



White Rice



Green Beans



Carrot



Capsicum



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Garlic Paste



Plant-Based Mince



Chilli Flakes (Optional)



Beef Mince



Beef Strips

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

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
white 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 packet	2 packets
plant-based mince	1 packet	2 packets
chilli flakes  (optional)	pinch	pinch

*Pantry Items

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

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

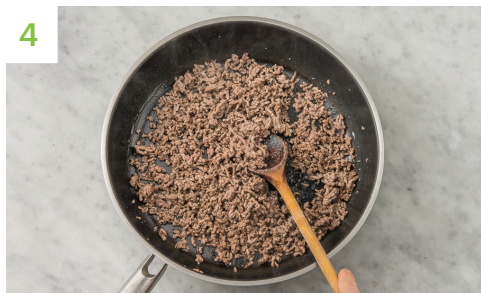
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1 Make the ginger rice

- 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.
- Rinse and drain **white rice**.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



4 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.



2 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**.



5 Make the stir-fry

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



3 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.



6 Serve up

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

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO BEEF STRIPS
Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

