



Plant-Based Mince & Veggie Stir-Fry

with Ginger Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Ginger Paste



Basmati Rice



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Green Veg Mix



Garlic Paste



Plant-Based Mince



Crushed Peanuts



Chilli Flakes (Optional)



Beef Mince



Pork Mince

Prep in: 10-20 mins
Ready in: 25-35 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 Balsamic)

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
basmati rice	1 medium packet	1 large packet
water*	1 ½ cups	3 cups
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
green veg mix	1 medium packet	1 large packet
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4141kJ (990Cal)	849kJ (203Cal)
Protein (g)	39.7g	8.1g
Fat, total (g)	24.3g	5g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	143.6g	29.4g
- sugars (g)	16.5g	3.4g
Sodium (mg)	1867mg	383mg
Dietary Fibre (g)	34.4g	7.1g

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

2024 | CW27



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 **basmati rice**, the **water** and a generous pinch of **salt**, stir, and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 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.
- Add **sauce mixture**, cooked **veggies** and a splash of **water**. Stir until combined.



Cook the veggies

- Meanwhile, in a small bowl, combine **sweet chilli sauce**, **plant-based Asian mushroom sauce** and the **vinegar**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green veg mix**, tossing, until tender, **5-6 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 OPTIONS

SWAP TO BEEF MINCE
Follow method above.

SWAP TO PORK MINCE
Follow method above.

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

