



# Umami Mushroom & Broccoli Stir-Fry

with Rice & Peanuts

Grab your meal kit with this number

30



White Rice



Broccoli



Green Beans



Carrot



Garlic



Umami Paste



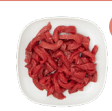
Asian BBQ Seasoning



Sliced Mushrooms



Crushed Peanuts



Beef Strips



Chicken Breast

Prep in: 10-20 mins  
Ready in: 30-40 mins

Plant Based

Calorie Smart

Eat Me First

A zap of garlic, a dollop of umami paste and a sprinkle of crushed peanuts makes this irresistible veggie stir-fry come to life before your eyes. Serve with a bed of fluffy rice for a well-rounded dinner winner whipped up in a flash.

### Pantry items

Olive Oil



## 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
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1 cups	2 cups
broccoli	1	2
green beans	1 small packet	1 medium packet
carrot	1	2
garlic	1 clove	2 cloves
umami paste	1 packet	2 packets
Asian BBQ seasoning	1 sachet	2 sachets
<b>water*</b> (for the sauce)	½ cup	¾ cup
sliced mushrooms	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1927kJ (460cal)	199kJ (48cal)
Protein (g)	20.2g	2.1g
Fat, total (g)	6.7g	0.7g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	77.2g	8g
- sugars (g)	12.4g	1.3g
Sodium (mg)	1130mg	116.7mg
Dietary Fibre (g)	12.2g	1.3g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the rice

- Rinse and drain **white rice**.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan 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!



## Make the stir-fry

- When rice has **10 minutes** remaining, in a large frying pan, heat a generous drizzle of **olive oil** over high heat.
- Cook **sliced mushrooms, broccoli, green beans** and **carrot**, tossing, until just tender, **6-8 minutes**.
- Add **garlic** and cook, until fragrant, **1 minute**.
- Reduce heat to medium and add **umami paste mixture**, tossing until well combined, **1 minute**. Season with **pepper**.



## Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets.
- Trim and roughly chop **green beans**.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.
- In a small bowl, combine **umami paste, Asian BBQ seasoning** and the **water (for the sauce)**.



## Serve up

- Divide rice between bowls.
- Top with umami mushroom and broccoli stir-fry.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



### CUSTOM OPTIONS



#### ADD BEEF STRIPS

Before cooking the veggies, cook beef in batches, tossing, until browned and cooked through, 1-2 minutes. Continue with recipe.



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Before cooking the veggies, cook chicken, until cooked through, 4-6 minutes. Continue with recipe.

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

