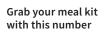


Lemongrass Plant-Based 'Beef' Stir-Fry with Peanut Rice, Capsicum & Asian Greens

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Crushed Peanuts



Carrot









Asian Greens



Plant-Based



Mince





Plant-Based Asian



Mushroom Sauce





Crispy Shallots

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



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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
Asian greens	1 packet	2 packets
garlic	3 cloves	6 cloves
plant-based mince	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2775kJ (663cal)	344kJ (82cal)
Protein (g)	32.4g	4g
Fat, total (g)	21.6g	2.7g
- saturated (g)	6.5g	0.8g
Carbohydrate (g)	86.7g	10.7g
- sugars (g)	15.5g	1.9g
Sodium (mg)	1728mg	214.1mg
Dietary Fibre (g)	27.3g	3.4g

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.



Cook the rice

- In a medium saucepan, add the water and bring to the boil.
- · Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed. 10-15 minutes.
- · Stir through crushed peanuts.

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



Prep the veggies

- Meanwhile, thinly slice carrot into half-moons.
- · Roughly chop capsicum and Asian greens.
- Finely chop garlic.



Cook the veggies

- When rice has 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook carrot and capsicum, tossing, until tender, 4-5 minutes.
- Add Asian greens and half the garlic, then cook, until wilted and fragrant, 1-2 minutes.
- Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.



Cook the 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.
- · Add ginger lemongrass paste and remaining garlic and cook until fragrant, 1 minute.



Add the flavourings

· To mince, stir in plant-based Asian mushroom sauce and a splash of water, until combined, 1 minute. Season to taste.



Serve up

- Divide peanut rice between bowls.
- · Top with lemongrass plant-based 'beef' and veggie stir-fry.
- Sprinkle over **crispy shallots** to serve. Enjoy!







