



Lemongrass Plant-Based 'Beef' Stir-Fry

with Peanut Rice, Capsicum & Asian Greens

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Jasmine Rice



Crushed Peanuts



Carrot



Capsicum



Asian Greens



Garlic



Plant-Based Mince



Ginger Lemongrass Paste



Plant-Based Asian Mushroom Sauce



Crispy Shallots



Beef Mince



Pork Mince

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

Calorie Smart

Plant Based

Plant-based mince is all the rage and for good reason - as you'll soon find out, it works wonders mixed in with fragrant jasmine rice and all of your favourite veggies.

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
olive oil*	refer to method	refer to method
water*	1 cup	2 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)	2694kJ (644cal)	334kJ (80cal)
Protein (g)	26.7g	3.3g
Fat, total (g)	23.1g	2.9g
- saturated (g)	9.1g	1.1g
Carbohydrate (g)	87.4g	10.8g
- sugars (g)	15.3g	1.9g
Sodium (mg)	1662mg	205.9mg
Dietary Fibre (g)	28.2g	3.5g

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](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.

We're here to help!

Scan here if you have any questions or concerns

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1



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 **10 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.
- Stir through **crushed peanuts**.

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

4



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**.

2



Prep the veggies

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

5



Add the flavourings

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

3



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.

6



Serve up

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

