



Sweet & Sticky Plant-Based Mince Stir-Fry

with Garlic Rice & Veggies

ALTERNATIVE PROTEIN

Grab your meal kit with this number

10



Garlic



Jasmine Rice



Capsicum



Carrot



Zucchini



Plum Sauce



Plant-Based Asian Mushroom Sauce



Plant-Based Mince



Mixed Sesame Seeds



Chilli Flakes (Optional)



Beef Mince



Lamb Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Plant Based

All good dishes come with a bed of jasmine rice sitting perfectly in the bottom of your bowl. This fluffy and fragrant rice absorbs all of the Chinese flavours packed into the plant-based mince and with a sprinkling of chilli flakes and sesame seeds, you've got the crunch and heat factor turned up a notch as well.

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce, 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
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
zucchini	1	2
plum sauce	½ packet	1 packet
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
plant-based mince	1 packet	2 packets
mixed sesame seeds	1 medium sachet	1 large sachet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3231kJ (772Cal)	933kJ (222Cal)
Protein (g)	24.6g	7.1g
Fat, total (g)	26.8g	7.7g
- saturated (g)	9.1g	2.6g
Carbohydrate (g)	103.9g	30g
- sugars (g)	13.7g	4g
Sodium (mg)	2148mg	620mg
Dietary Fibre (g)	27.7g	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.

1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine 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**.

2



Get prepped

- Meanwhile, thinly slice **capsicum**.
- Thinly slice **carrot** and **zucchini** into half-moons.
- In a small bowl combine **plum sauce** (see ingredients), **plant-based Asian mushroom sauce**, the **soy sauce**, **vinegar** and a splash of **water**. Set aside.

3



Cook the veggies

- Return frying pan to high heat with a drizzle of **olive oil**. Add **capsicum**, **zucchini** and **carrot** and cook, tossing, until tender, **5-6 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl.

5



Add the sauce

- Return **veggies** to the pan, then add **plum mixture**, cooking, until slightly reduced, **1-2 minutes**.

6



Finish & serve

- Divide garlic rice, plant-based mince and veggie stir-fry between bowls.
- Garnish with **mixed sesame seeds** and **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM
OPTIONS



SWAP TO BEEF MINCE

Follow method above.



SWAP TO LAMB 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.

