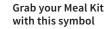


Chinese Veggie Mince & Capsicum Stir-Fry

with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



















Mixed Sesame





(Optional)



Plant-Based



Asian Mushroom Sauce







Prep in: 25-35 mins Ready in: 30-40 mins Plant Based*

*Custom Recipe is not 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 Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

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*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
capsicum	1	2	
carrot	1	2	
zucchini	1	2	
sweet chilli sauce	1 packet	1 packet	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
soy sauce*	1 tsp	2 tsp	
vinegar* (white wine or rice wine)	1 tsp	2 tsp	
mixed sesame seeds	1 medium sachet	1 large sachet	
plant-based mince	1 packet	2 packets	
chilli flakes ∮ (optional)	pinch	pinch	
beef mince**	1 small packet	1 medium packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3651kJ (873Cal)	682kJ (163Cal)
Protein (g)	27.5g	5.1g
Fat, total (g)	31.8g	5.9g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	112g	20.9g
- sugars (g)	20.2g	3.8g
Sodium (mg)	2150mg	402mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3742kJ (894Cal)	668kJ (160Cal)
Protein (g)	39.1g	7g
Fat, total (g)	32.4g	5.8g
- saturated (g)	9g	1.6g
Carbohydrate (g)	106.5g	19g
- sugars (g)	19g	3.4g
Sodium (mg)	1627mg	290mσ

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.



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 1/2 the garlic until fragrant, 1-2 minutes.
- Add the water and a generous pinch of salt and bring to the boil.
- · Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10-15 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.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the plant-based mince. For best results, drain oil before returning veggies to pan.



Get prepped

- Meanwhile, thinly slice capsicum. Thinly slice carrot and zucchini into half-moons.
- In a small bowl, combine sweet chilli sauce. plant-based Asian mushroom sauce, the soy sauce, the vinegar and a splash of water. Set aside.
- Heat a large frying pan over medium-high heat. Toast mixed sesame seeds, tossing, until golden, 3-4 minutes. Transfer to a small bowl.



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.



Add the sauce

· Return veggies to the pan, add sweet chilli mixture and cook until reduced slightly, 1-2 minutes.



Serve up

- Divide garlic rice, veggie mince & capsicum stir-fry between bowls.
- · Garnish with toasted sesame seeds and chilli flakes (if using) to serve. Enjoy!



