



Chinese Veggie Mince & Capsicum Stir-Fry

with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Zucchini



Mixed Sesame Seeds



Chilli Flakes (Optional)



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Plant-Based Mince



Beef Mince

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 | 290mg |

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.

We're here to help!

Scan here if you have any questions or concerns

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Make the garlic rice

1. Finely chop **garlic**.
2. 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**.
3. Add the **water** and a generous pinch of **salt** and bring to the boil.
4. 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

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. 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

1. Meanwhile, thinly slice **capsicum**. Thinly slice **carrot** and **zucchini** into half-moons.
2. 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.
3. Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Add the sauce

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



Cook the veggies

1. 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**.
2. Add remaining **garlic** and cook until fragrant, **1 minute**.
3. Transfer to a bowl.



Serve up

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

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