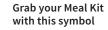


Plant-Based Lemongrass 'Beef' Stir-Fry with Peanut Rice & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Jasmine Rice

Crushed Peanuts







Capsicum

Carrot



Asian Greens





Plant-Based

Crispy Shallots



Ginger Lemongrass



Plant-Based Asian Mushroom Sauce Paste





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

Plant Based* *Custom Recipe is not Plant-Based Alternative proteins are all the rage and for good reason - as you'll soon find out, they work wonders mixed in with fragrant jasmine rice and all of your favourite veggies.

Pantry items Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and 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
water*	1 ¼ cups	2 ½ 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 bag	2 bags
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	1 large packet
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

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Energy (kJ)	2940kJ (703Cal)	552kJ (132Cal)
Protein (g)	28.5g	5.3g
Fat, total (g)	24.2g	4.5g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	94.9g	17.8g
- sugars (g)	21.3g	4g
Sodium (mg)	1664mg	312mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Avg Qty Energy (kJ)	Per Serving 3031kJ (724Cal)	Per 100g 543kJ (130Cal)
Energy (kJ)	3031kJ (724Cal)	543kJ (130Cal)
Energy (kJ) Protein (g)	3031kJ (724Cal) 40.1g	543kJ (130Cal) 7.2g
Energy (kJ) Protein (g) Fat, total (g)	3031kJ (724Cal) 40.1g 24.8g	543kJ (130Cal) 7.2g 4.4g
Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g)	3031kJ (724Cal) 40.1g 24.8g 8.5g	543kJ (130Cal) 7.2g 4.4g 1.5g
Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	3031kJ (724Cal) 40.1g 24.8g 8.5g 89.5g	543kJ (130Cal) 7.2g 4.4g 1.5g 16g

Per Servina

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.



Scan here if you have any questions or concerns





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, stirring, until tender,
 4-5 minutes.
- Add Asian greens and 1/2 the garlic and cook, stirring, until wilted and fragrant, 1-2 minutes.
- Transfer to a bowl, season 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.

Custom Recipe: If you've swapped to beef mince, return pan to medium-high heat with a drizzle of olive oil. Cook beef mince, breaking up with a spoon, until just browned, 4-5 minutes. Drain the oil from pan, then continue with step as above.



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 'beef' and veggie stir-fry.
- Sprinkle over **crispy shallots** to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



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