



Plant-Based Lemongrass 'Beef' Stir-Fry

with Peanut Rice & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Crushed Peanuts



Carrot



Capsicum



Asian Greens



Garlic



Crispy Shallots



Plant-Based Mince



Ginger Lemongrass Paste



Plant-Based Asian Mushroom Sauce



Beef Mince

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.

CUSTOM RECIPE

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

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 plant-based	1 packet	2 packets
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

Avg Qty	Per Serving	Per 100g
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
Energy (kJ)	3031kJ (724Cal)	543kJ (130Cal)
Protein (g)	40.1g	7.2g
Fat, total (g)	24.8g	4.4g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	89.5g	16g
- sugars (g)	20.2g	3.6g
Sodium (mg)	1141mg	204mg

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



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!



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.



Prep the veggies

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



Add the flavourings

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



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.



Serve up

- Divide peanut rice between bowls.
- Top with lemongrass 'beef' and veggie stir-fry.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Rate your recipe

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