



Hoisin Pulled Mushrooms & Veggie Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Snow Peas



Pulled Mushrooms



Ginger



Lime



Hoisin Sauce



Coriander



Crispy Shallots

Hands-on: 20-30 mins
Ready in: 30-40 mins

Introducing our veggie alternative to pulled pork - chunky shredded mushrooms! Cook it with tasty hoisin sauce and lime then team the whole thing with crisp veggies and garlic rice for a meaty mushroom dish that will take you on a flavour ride.

Pantry items

Olive Oil, Butter, Soy Sauce

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
jasmine rice	1 packet	2 packets
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
capsicum	1	2
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
pulled mushrooms	1 packet	2 packets
ginger	1 knob	2 knobs
lime	½	1
hoisin sauce	1 sachet	2 sachets
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
coriander	1 bag	1 bag
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3396kJ (811Cal)	646kJ (154Cal)
Protein (g)	22g	4.2g
Fat, total (g)	31.6g	6g
- saturated (g)	24.1g	4.6g
Carbohydrate (g)	112.1g	21.3g
- sugars (g)	32.3g	6.1g
Sodium (mg)	1789mg	340mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum**, **carrot** and **pulled mushrooms**, tossing until the veggies are softened and the mushrooms are browned, **4-5 minutes**. Add the **snow peas**, **ginger** and remaining **garlic** and cook, tossing until fragrant, **1-2 minutes**.



Get prepped

While the rice is cooking, cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** into half-moons. Trim the **snow peas** and cut into 2cm chunks. Roughly chop the **pulled mushrooms**. Finely grate the **ginger**. Zest the **lime** to get a pinch, then slice into wedges.



Add the sauce

Reduce the heat to low and add the **hoisin sauce mixture** and cook, stirring, until bubbling, **30 seconds**.



Make the sauce

In a small bowl, combine the **hoisin sauce**, **soy sauce**, **lime zest**, a squeeze of **lime juice** and **water (for the sauce)**.



Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls and top with the hoisin pulled mushrooms and veggie stir-fry. Top with the **crispy shallots**, coriander and serve with any remaining lime wedges.

Enjoy!