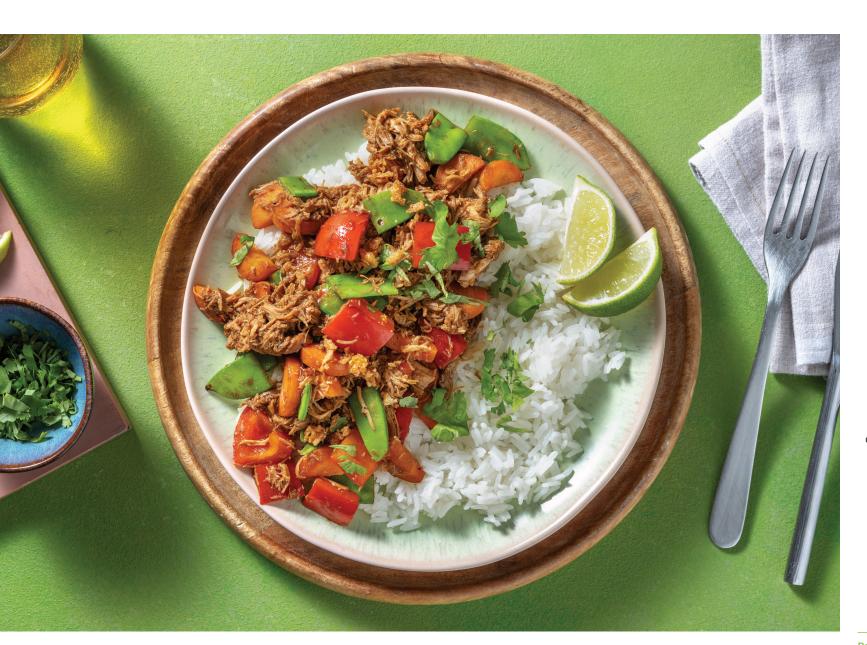


# Hoisin Pulled Mushrooms & Veggie Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol















Pulled Mushrooms

**Snow Peas** 









Coriander

**Hoisin Sauce** 





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

**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  $\cdot$  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*	1/4 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	1/2	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

<sup>\*</sup>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!



# 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.



#### 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).



# 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**.



## Add the sauce

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



# 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!