



Plant-Based Ginger 'Beef' Rissoles

with Garlicky Veggies & Peanut Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Crushed Peanuts



Carrot



Green Beans



Asian Greens



Spring Onion



Garlic



Southeast Asian Spice Blend



Plant-Based Asian Mushroom Sauce



Plant-Based Mince



Ginger Paste

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

Plant Based

Whoever said it was impossible to make plant-based rissoles that tasted close to the real deal, this dish is here to prove the naysayers wrong! In this Asian-inspired dish, our plant-based mince is the MVP which you'll lace with the good stuff: zingy ginger, spring onion, and our Southeast Asian spice blend. Add the finishing touch with our ready-to-go umami-rich mushroom sauce.

Pantry items

Olive Oil, Plant-Based Butter

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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
crushed peanuts	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
plant-based Asian mushroom sauce	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
plant-based mince	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3069kJ (734Cal)	637kJ (152Cal)
Protein (g)	27.7g	5.7g
Fat, total (g)	25.7g	5.3g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	90.3g	18.7g
- sugars (g)	17.9g	3.7g
Sodium (mg)	1995mg	414mg

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.

1



Cook the peanut rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Stir through the **plant-based butter** and **crushed peanuts**.

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

4



Make the rissoles

- While the veggies are cooking, combine **plant-based mince**, **spring onion**, **ginger paste**, **Southeast Asian spice blend** and a pinch of **salt** and **pepper** in a large bowl.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 1cm-thick rissoles (3-4 per person). Transfer to a plate.

2



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Trim **green beans** and slice into thirds. Roughly chop **Asian greens**. Thinly slice **spring onion**. Finely chop **garlic**. Set aside.
- In a small bowl, combine **plant-based Asian mushroom sauce** and the **water (for the sauce)**.

5



Cook the rissoles

- Wipe out frying pan, then return to medium-high heat with a generous drizzle of **olive oil**. Cook **rissoles**, in batches, until browned and cooked through, **2-4 minutes** each side.
- Return all **rissoles** to pan, then add **sauce mixture**. Turn **rissoles** to coat.

TIP: To ensure the rissoles set, make sure not to flip them too early!

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **green beans**, tossing occasionally, until tender, **4-5 minutes**.
- Add **Asian greens** and **garlic** and cook until just wilted, **1-2 minutes**.
- Transfer to a bowl. Cover to keep warm.

6



Serve up

- Divide peanut rice, plant-based ginger 'beef' rissoles and garlicky veggies between plates.
- Spoon over any remaining sauce from the pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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