



Asian Portabello Mushrooms & Char Siu Broth with Sweetcorn & Spring Onion

DUMPLING DAY

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Carrot



Celery



Spring Onion



Portabello Mushrooms



Sweetcorn



Ginger Paste



Sweet Soy Seasoning



Char Siu Paste



Vegetable Stock Powder



Chicken Breast

Recipe Update

Unfortunately, this week's edamame-hemp dumplings were in short supply, so we've replaced them with portabello mushrooms instead. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart or Plant Based*



Plant Based*

A warm soup is something to get excited about for two reasons. First, it's super easy to make with no fuss and lots of taste. Second, it's packed with mushrooms and veggies - simply delicious!

CUSTOM RECIPE

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

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large deep frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
Asian greens	1 bag	2 bags
carrot	1	2
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
portabello mushrooms	4	8
sweetcorn	1 tin	1 tin
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 packet	2 packets
soy sauce*	1½ tbs	3 tbs
sesame oil*	½ tbs	1 tbs
water*	3 cups	6 cups
char siu paste	½ medium packet	1 medium packet
vegetable stock powder	1 medium sachet	1 large sachet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1911kJ (457Cal)	428kJ (102Cal)
Protein (g)	16.4g	3.7g
Fat, total (g)	10.9g	2.4g
- saturated (g)	1.6g	0.4g
Carbohydrate (g)	68.8g	15.4g
- sugars (g)	25.1g	5.6g
Sodium (mg)	2450mg	549mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (635Cal)	438kJ (105Cal)
Protein (g)	49.5g	8.2g
Fat, total (g)	16.1g	2.7g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	69.6g	11.5g
- sugars (g)	25.1g	4.1g
Sodium (mg)	2550mg	421mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

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1



Prep the veggies

- Finely chop **garlic**. Roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Thinly slice **celery**, **spring onion** and **portabello mushrooms**. Drain the **sweetcorn**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

3



Make the broth

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, **ginger paste** and **sweet soy seasoning** until fragrant, **1-2 minutes**.
- Add the **soy sauce**, **sesame oil**, the **water**, **char siu paste** (see ingredients) and **vegetable stock powder**. Bring to a simmer and cook until slightly reduced, **2-3 minutes**. Return **veggies** to the pan and stir to combine.

Custom Recipe: Return pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Return chicken to the pan along with veggies.

2



Cook the veggies

- Heat a large deep frying pan over high heat with a drizzle of **olive oil**. Cook **mushrooms** until tender, **3-4 minutes**.
- Add **sweetcorn**, **carrot** and **celery** and cook until lightly browned and tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

4



Serve up

- Divide char siu broth and veggies between bowls.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate