

Vietnamese-Style Mushroom Rice Bowl

with Cucumber Slaw & Crispy Shallots

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Portabello Mushrooms



Fresh Chilli (Optional)



Sweet Soy Seasoning



Plum Sauce



Shredded Cabbage Mix



Plant-Based Mayo



Crispy Shallots



Coriander

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Plant Based

We love a classic Vietnamese-style rice bowl, so let's put it to the test. There's a collection of veggies including meaty mushrooms, a sticky plum sauce, plant-based mayo to mellow it out and a garnish of crispy shallots for crunch. It passes with flying colours!

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce, Sesame Oil, Vinegar (White Wine or Rice Wine)

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
portabello mushrooms	1 packet	2 packets
fresh chilli 🌶️ (optional)	½	1
sweet soy seasoning	1 sachet	2 sachets
plum sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	501kJ (119Cal)
Protein (g)	13.3g	2.5g
Fat, total (g)	20.8g	4g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	90.5g	17.2g
- sugars (g)	21g	4g
Sodium (mg)	1094mg	208mg

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.



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
4. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Finish the mushrooms

1. Add **sweet soy seasoning** and the remaining **garlic** to the pan and cook until fragrant, **1 minute**.
2. Remove pan from heat, then add **plum sauce**, the **soy sauce** and a splash of **water**. Toss **mushrooms** to coat and season to taste.



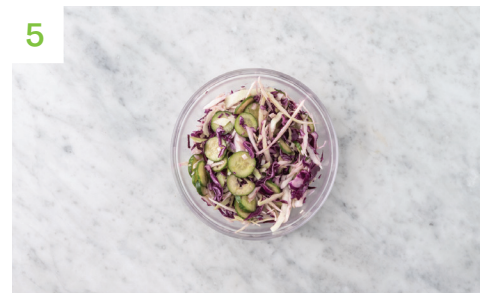
Get prepped

1. Meanwhile, thinly slice **cucumber** into rounds.
2. Thinly slice **portabello mushrooms** and **fresh chilli** (if using).



Cook the mushrooms

1. When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
2. Cook **mushrooms**, stirring, until tender, **6-8 minutes**.



Toss the slaw

1. In a medium bowl, combine **shredded cabbage mix**, **cucumber**, the **sesame oil** and a drizzle of **vinegar** and **olive oil**.
2. Toss to combine and season to taste.



Serve up

1. Divide garlic rice between bowls.
2. Top with Vietnamese-style mushrooms and cucumber slaw.
3. Dollop with **plant-based mayo**. Garnish with **crispy shallots** and **chilli**.
4. Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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