



Sticky Plum & Mushroom Stir-Fry

with Garlic Rice & Peanuts

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Portabello Mushrooms



Button Mushrooms



Asian Greens



Sweet Soy Seasoning



Plum Sauce



Soy Sauce Mix



Roasted Peanuts



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Plant Based^
^Custom Recipe is not Plant Based

Double mushrooms equals double the fun at dinner time. Stir-fry them up in a sticky and sweet plum soy sauce to crank the excitement up to ten and add some garlic aromas to the rice and your tastebuds will have the time of their life tonight.

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

Pantry items

Olive Oil, Plant-Based Butter, Sesame Oil, Brown Sugar

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
onion	1 (medium)	1 (large)
portabello mushrooms	1 packet	1 packet
button mushrooms	1 packet	1 packet
Asian greens	1 bunch	2 bunches
sweet soy seasoning	1 sachet	2 sachets
plum sauce	1 medium packet	2 medium packets
soy sauce mix	1 packet (40g)	1 packet (80g)
sesame oil*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets
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)	2754kJ (658Cal)	525kJ (125Cal)
Protein (g)	17.1g	3.3g
Fat, total (g)	21.4g	4.1g
- saturated (g)	7g	1.3g
Carbohydrate (g)	92.5g	17.6g
- sugars (g)	23.9g	4.6g
Sodium (mg)	1777mg	339mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	511kJ (122Cal)
Protein (g)	50.2g	7.3g
Fat, total (g)	26.6g	3.9g
- saturated (g)	8.6g	1.3g
Carbohydrate (g)	93.3g	13.6g
- sugars (g)	24g	3.5g
Sodium (mg)	1876mg	274mg

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

2023 | CW49



1



Cook the garlic rice

- Finely chop **garlic**.
- 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**.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan 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!

4



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **4-5 minutes**.
- Add **Asian greens**, **sweet soy seasoning** and the remaining **garlic** and cook until wilted and fragrant, **1 minute**.

Custom Recipe: Before cooking the veggies, return the frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken before onion, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate and continue as above.

2



Get prepped

- Meanwhile, thinly slice **onion**.
- Thinly slice **portabello mushrooms** and **button mushrooms**.
- Roughly chop **Asian greens**.

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

5



Bring it all together

- Return cooked **mushrooms** to the pan, add **plum sauce**, **soy sauce mix**, the **sesame oil** and **brown sugar**.
- Toss to combine and cook until slightly thickened, **1 minute**. Season to taste.

Custom Recipe: Return the chicken to the pan along with cooked mushrooms.

3



Cook the mushrooms

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **10-12 minutes**. Transfer to a bowl.

TIP: If your pan is getting crowded, cook in batches for the best results!

6



Serve up

- Divide garlic rice between bowls.
- Top with sticky plum mushroom stir-fry.
- Garnish with **roasted peanuts** to serve. Enjoy!

Rate your recipe

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