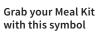


Char Siu Plant-Based Mince & Veggie Stir-Fry

with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

NEW















Asian Greens





Char Siu

Carrot



Asian Stir-Fry



Mixed Sesame



Plant-Based



Chilli Flakes (Optional)



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

Plant Based* *Custom Recipe is not Plant Based Elevate your plant-based dining experience with this veggie-packed stir-fry! Sticky and fragrant, this dish is ready in a blink of an eye and will satisfy all your stir-fry needs. Fluffy jasmine rice is a must to soak up all that rich sticky sauce.



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

Medium saucepan with a lid · Large frying pan

Ingredients

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	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 medium packet	1 large packet		
capsicum	1	2		
Asian greens	1 packet	2 packets		
carrot	1	2		
char siu paste	1 medium packet	1 large packet		
Asian stir-fry sauce	1 medium packet	1 large packet		
soy sauce*	1 tbs	2 tbs		
vinegar* (white wine or rice wine)	½ tbs	1 tbs		
sesame oil*	½ tbs	1 tbs		
mixed sesame seeds	1 medium packet	1 large packet		
plant-based mince	1 packet	2 packets		
chilli flakes ∮ (optional)	pinch	pinch		
		2 small packets		
beef mince**	1 small packet	OR 1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3844kJ (919Cal)	696kJ (166Cal)
Protein (g)	30.4g	5.5g
Fat, total (g)	34.7g	6.3g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	114.6g	20.7g
- sugars (g)	39.7g	7.2g
Sodium (mg)	3071mg	556mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4036kJ (965Cal)	699kJ (167Cal)
Protein (g)	39g	6.8g
Fat, total (g)	38.9g	6.7g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	107.8g	18.7g
- sugars (g)	38.5g	6.7g
Sodium (mg)	2376mg	411mg

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





Make 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 the 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 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!



Get prepped

- Meanwhile, thinly slice capsicum. Roughly chop Asian greens. Thinly slice carrot into half-moons.
- In a small bowl, combine char siu paste, Asian stir-fry sauce, the soy sauce, vinegar, sesame oil and a splash of water. Set aside.
- Heat a large frying pan over medium-high heat. Toast mixed sesame seeds, tossing, until golden, 3-4 minutes. Transfer to a bowl.



Stir-fry the veggies

- Return frying pan to high heat with a drizzle of olive oil. Cook capsicum and carrot until tender. 3-4 minutes.
- · Add Asian greens and remaining garlic and cook until wilted and fragrant, 1-2 minutes
- · Transfer to a bowl.



Cook the plant-based mince

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, 4-5 minutes.

Custom Recipe: If you've swapped to beef mince, heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes.



Add the sauce

• Return veggies to the pan and add char siu mixture, and cook until reduced slightly, 1-2 minutes.



Serve up

- Divide garlic rice, char siu plant-based mince and veggie stir-fry between bowls.
- Garnish with toasted sesame seeds and chilli flakes (if using) to serve. Enjoy!



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