



Char Siu Plant-Based Mince & Veggie Stir-Fry

with Garlic Rice & Sesame Seeds

ALTERNATIVE PROTEIN

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Asian Greens



Carrot



Char Siu Paste



Asian Stir-Fry Sauce



Mixed Sesame Seeds



Plant-Based Mince



Chilli Flakes (Optional)



Beef Mince

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.

CUSTOM RECIPE

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

Pantry items

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

	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
beef mince**	1 small packet	2 small packets 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](https://www.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



1



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!

4



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.

2



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.

5



Add the sauce

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

3



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.

6



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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