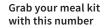


# Teriyaki Veggie Stir-Fry & Ginger Rice with Japanese Mayo & Fried Egg

CLIMATE SUPERSTAR













Courgette







Teriyaki Sauce





Mixed Sesame Seeds

Mayonnaise





Japanese Dressing

Broccoli Florets





Coriander

Crushed Roasted Cashews





Prep in: 15-25 mins Ready in: 25-35 mins

The perfect sauce is here, so make room in your pan for a sweet and savoury teriyaki glaze that can take a veggie stir-fry to stardom. Sealing this stir-fry's rightful place is a perfectly cooked fried egg - we give it a gold star for sure!

#### **Pantry items**

Olive Oil, Butter, Soy Sauce, Sesame Oil, Brown Sugar, Eggs

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	
butter*	20g	40g	
ginger paste	1 medium packet	1 large packet	
jasmine rice	1 medium packet	1 large packet	
water*	1¼ cups	2½ cups	
courgette	1	2	
green beans	1 small packet	1 medium packet	
garlic	2 cloves	4 cloves	
teriyaki sauce	1 medium packet	1 large packet	
soy sauce*	1 tbs	2 tbs	
sesame oil*	4 tsp	2 ½ tbs	
brown sugar*	1 tbs	2 tbs	
mixed sesame seeds	1 medium sachet	1 large sachet	
mayonnaise	1 medium packet	2 medium packets	
Japanese dressing	1 packet	2 packets	
broccoli florets	1 medium packet	1 large packet	
eggs*	2	4	
coriander	1 packet	1 packet	
crushed roasted cashews	1 packet	2 packets	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3859kJ (922Cal)	731kJ (175Cal)
Protein (g)	24.1g	4.6g
Fat, total (g)	50.2g	9.5g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	89.1g	16.9g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1340mg	254mg
Dietary Fibre (g)	11.7g	2.2g

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 ginger rice

- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Add the ginger paste and cook until fragrant,
   1-2 minutes.
- Add jasmine rice, water (for the rice) and a generous pinch of salt and bring to the boil.
   Reduce the heat to low and cover with a lid.
- Cook for 12 minutes, then remove from the heat and keep covered until the rice is tender and water has absorbed, 10-15 minutes.

**TIP:** Cover the pan with a lid if the ginger paste starts to spatter!



### Get prepped

 While the rice is cooking, slice courgette into half-moons. Trim and halve green beans.
 Finely chop garlic.



#### Make the sauces

- In a small bowl, combine teriyaki sauce, the soy sauce, sesame oil, brown sugar, mixed sesame seeds and a splash of water.
- In a second small bowl, combine the mayonnaise and Japanese dressing. Set aside.



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Add broccoli florets, courgette, green beans and a dash of water and cook, tossing occasionally, until tender,
   5-6 minutes.
- Add garlic, cook until fragrant, 1 minute.
  Add the teriyaki glaze and cook until slightly reduced, 1-2 minutes. Season with a pinch of salt and pepper. Transfer to a bowl and cover to keep warm.



## Fry the eggs

 Wash the frying pan, then return to medium-high heat with a drizzle of olive oil. Crack in the eggs and fry until the yolks are cooked to your liking,
 4-5 minutes.

**TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



#### Serve up

- Roughly chop coriander.
- Divide ginger rice between bowls. Top with teriyaki-glazed veggies and a fried egg.
- Spoon over Japanese mayonnaise and sprinkle with crushed roasted cashews. Garnish with coriander to serve. Enjoy!





**OPTIONS** 

**ADD BEEF MINCE** 

Cook beef mince with veggies, breaking up with a spoon, until browned, 4-5 minutes.



Cook pork mince with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

