



Hearty Mushroom & Veggie Casserole

with Garlic Rice & Parsley

KIWI FLAVOURS

NEW

Grab your meal kit
with this number

34



Garlic



Jasmine Rice



Carrot



Button Mushrooms



Onion



Parsley



Tomato Paste



Kiwi Spice Blend



Cream



Vegetable Stock Powder



Pork Mince



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins



This hearty meal is proof that veggie-based meals don't need to sacrifice on big flavours! Mushrooms are cooked down in a rich and creamy tomato-based casserole that warms you up to your bones. Paired with fragrant and fluffy garlic rice, this dish is a sure-fire winner.

Pantry items

Olive Oil, Butter, Brown Sugar

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	10g	20g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
button mushrooms	1 large packet	2 large packets
onion	½	1
parsley	1 packet	1 packet
tomato paste	1 packet	2 packets
Kiwi spice blend	1 sachet	2 sachets
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2222kJ (531Cal)	395kJ (94Cal)
Protein (g)	12.4g	2.2g
Fat, total (g)	34g	6g
- saturated (g)	18.5g	3.3g
Carbohydrate (g)	45.4g	8.1g
- sugars (g)	10.9g	1.9g
Sodium (mg)	1026mg	182mg
Dietary Fibre (g)	12g	2.1g

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

2024 | CW32



1 Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** 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 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 frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **onion**, stirring, until tender, **4-5 minutes**.



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Thinly slice **button mushrooms** and **onion** (see **ingredients**). Finely chop **parsley**.



5 Finish the casserole

- Reduce heat to medium, add **tomato paste**, **Kiwi spice blend** and remaining **garlic**, and cook until fragrant, **1-2 minutes**.
- Return **mushrooms** to pan, then add **cream** (see **ingredients**), **vegetable stock powder**, **parsley**, the **brown sugar** and **water (for the sauce)** and cook until slightly thickened, **2-3 minutes**. Season to taste.



3 Cook the mushrooms

- In a large frying pan, heat a generous drizzle of **olive oil** over high heat.
- Cook **mushrooms** until browned, **7-8 minutes**. Season with **salt** and **pepper**. Transfer to a bowl.



6 Serve up

- Divide garlic rice between bowls.
- Top with hearty mushroom and vegetable casserole to serve. Enjoy!

CUSTOM OPTIONS

+ ADD PORK MINCE

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

+ ADD BEEF MINCE

Cook 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.

