



Smokey Mushroom Stroganoff

with Garlic Rice & Parsley

KIWI FLAVOURS

NEW

Grab your meal kit with this number

40



Garlic



Jasmine Rice



Celery



Onion



Button Mushrooms



Kiwi Spice Blend



Tomato Paste



Cream



Parsley



Diced Bacon



Chicken Breast

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

Usually a stroganoff is a meat-heavy meal, but this one proves you can have all that heartiness in a veggie-fueled dish. Mushrooms take centre stage here, cooked in a creamy, smokey sauce and served tumbling over fragrant garlic rice. We can't wait for this one.

Pantry items

Olive Oil, Butter

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*	40g	80g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
celery	1 stalk	2 stalks
onion	½	1
button mushrooms	1 large packet	2 large packets
Kiwi spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
cream	½ packet	1 packet
water* (for the sauce)	¼ cup	½ cup
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3444kJ (823Cal)	624kJ (149Cal)
Protein (g)	13.4g	2.4g
Fat, total (g)	68.6g	12.4g
- saturated (g)	41.6g	7.5g
Carbohydrate (g)	38.3g	6.9g
- sugars (g)	9.5g	1.7g
Sodium (mg)	577mg	105mg
Dietary Fibre (g)	8.8g	1.6g

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

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1 Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- 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 Make it smokey

- Reduce heat to medium, then add **Kiwi spice blend**, **tomato paste**, remaining **garlic** and remaining **butter** and cook until fragrant, **1-2 minutes**.



2 Get prepped

- Meanwhile, finely chop **celery**.
- Roughly chop **onion (see ingredients)**.
- Thinly slice **button mushrooms**.



5 Make it saucy

- Add **cream (see ingredients)** and the **water (for the sauce)** and cook until slightly thickened, **2-3 minutes**. Season to taste.



3 Cook the veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **celery** and **onion**, tossing, until tender, **3-5 minutes**.
- Add **mushrooms** and cook until browned, **8-10 minutes**. Season with **pepper**.



6 Serve up

- Divide garlic rice between bowls.
- Top with smokey mushroom stroganoff.
- Tear over **parsley** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD DICED BACON

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

+ ADD CHICKEN BREAST

Cut into 2cm chunks. Cook with veggies, tossing, until cooked through, 4-6 minutes.

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

