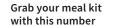


Teriyaki Veggie Stir-Fry & Ginger Rice with Japanese Mayo & Fried Egg

CLIMATE SUPERSTAR















Courgette

Baby Broccoli





Teriyaki Sauce





Mixed Sesame Seeds

Mayonnaise





Japanese Dressing

Broccoli Florets





Coriander

Crushed Peanuts



Recipe Update We've replaced the green beans in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!





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

9			
	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	
baby broccoli	1 bunch	2 bunches	
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 peanuts	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3730kJ (715cal)	715kJ (137cal)
24g	4.6g
47.9g	9.2g
12.1g	2.3g
85.3g	16.3g
19.9g	3.8g
1290mg	247.1mg
10.5g	2g
	3730kJ (715cal) 24g 47.9g 12.1g 85.3g 19.9g 1290mg

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 baby broccoli, halve any thicker stalks of baby broccoli lengthways.
- 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 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, baby broccoli 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 peanuts. Garnish with coriander to serve. Enjoy!



ADD BEEF MINCE

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



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.

