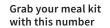


Teriyaki Veggie Stir-Fry & Ginger Rice with Japanese Mayo & Fried Egg













Courgette



Green Beans









Sesame Seeds







Japanese Dressing



Broccoli Florets



Coriander



Crushed Peanuts



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	
basmati rice	1 medium packet	1 large packet	
water* (for the rice)	1½ cups	3 cups	
courgette	1	2	
green beans	1 small packet	1 medium packet	
garlic	2 cloves	4 cloves	
teriyaki sauce	1 medium packet	2 medium packets	
soy sauce*	1 tbs	2 tbs	
sesame oil*	4 tsp	2 ½ tbs	
brown sugar*	1 tbs	2 tbs	
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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3730kJ (715cal)	715kJ (137cal)
Protein (g)	24g	4.6g
Fat, total (g)	47.9g	9.2g
- saturated (g)	12.1g	2.3g
Carbohydrate (g)	85.3g	16.3g
- sugars (g)	19.9g	3.8g
Sodium (mg)	1290mg	247.1mg
Dietary Fibre (g)	10.5g	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 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 basmati 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 10 minutes, then remove from the heat and keep covered until the rice is tender and water has absorbed. 10 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 glaze

- In a small bowl, combine teriyaki sauce, the soy sauce, sesame oil, brown sugar, 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 egg

 Wash and return frying pan 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.



Finish & serve

- · Roughly chop coriander.
- · Divide ginger rice between bowls.
- Top with terivaki-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.

