

# Teriyaki Veggie Stir-Fry & Ginger Rice

with Japanese Mayo & Fried Egg

Grab your meal kit with this number

10



Ginger Paste



Basmati Rice



Courgette



Green Beans



Garlic



Teriyaki Sauce



Sesame Seeds



Mayonnaise



Japanese Dressing



Broccoli Florets



Coriander



Crushed Peanuts



Beef Mince



Pork Mince

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
ginger paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
<b>water*</b> (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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	4 tsp	2 ½ tbs
<b>brown sugar*</b>	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
<b>eggs*</b>	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](https://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

2025 | CW02



## 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!



## 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.



## Get prepped

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



## 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.



## 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.



## Finish & serve

- 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!

### CUSTOM OPTIONS

#### + ADD BEEF MINCE

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

#### + ADD PORK 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.

