



Asian Mushroom & Baby Corn Stir-Fry

with Garlic Rice, Wong Bok & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Baby Corn Spears



Asian Greens



Mini Wong Bok



Portabello Mushrooms



Ginger & Lemongrass Paste



Asian Stir-Fry Sauce



Long Red Chilli (Optional)



Coriander



Crispy Shallots

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby broccoli with Asian greens, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Spicy (optional long red chilli)

Calorie Smart
 Plant Based

Behind every great stir-fry, there's got to be a great sauce! This one has a tangy plant-based Asian stir-fry sauce and it's a knockout. Toss it through a medley of veggies for a fast and easy weeknight winner.

Pantry items

Olive Oil, Plant-Based Butter, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
baby corn spears	½ tin	1 tin
mini wong bok	½	1
Asian greens	1 bag	2 bags
portabello mushrooms	1 packet	1 packet
ginger & lemongrass paste	1 packet	1 packet
Asian stir-fry sauce	1 medium packet	1 large packet
rice wine vinegar*	1 tsp	2 tsp
long red chilli (optional)	½	1
coriander	1 bag	1 bag
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2576kJ (616Cal)	513kJ (123Cal)
Protein (g)	12g	2.4g
Fat, total (g)	22.4g	4.5g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	86.9g	17.3g
- sugars (g)	14.2g	2.8g
Sodium (mg)	1405mg	280mg

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://www.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 garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **plant-based butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** 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 the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the stir-fry

- Add **ginger & lemongrass paste**, **Asian greens**, **wong bok** and remaining **garlic** and cook until the greens have wilted, **1 minute**.
- Add **Asian stir-fry sauce**, the **rice wine vinegar** and a splash of **water** and cook until warmed through, **1-2 minutes**. Season.



Start the stir-fry

- While the rice is cooking, drain **baby corn spears** (see ingredients) and cut into thirds. Roughly chop **Asian greens** and **mini wong bok** (see ingredients). Thinly slice **portabello mushrooms**.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned, **3-4 minutes**.
- Add **corn** and cook, tossing until tender, **3-4 minutes**.

TIP: Add a dash of water to pan to help speed up cooking process.



Serve up

- Thinly slice **long red chilli** (if using).
- Divide garlic rice between bowls. Top with mushroom and baby corn stir-fry.
- Tear over **coriander**. Garnish with **crispy shallots** and chilli to serve.

Enjoy!