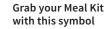
Asian Mushroom & Baby Corn Stir-Fry

with Garlic Rice, Wong Bok & Crispy Shallots













Baby Corn



Portabello Mushrooms

Sauce

Coriander

Asian Greens



Mini Wong



Ginger & Lemongrass Paste





Long Red Chilli (Optional)





Crispy Shallots



Pantry items

Olive Oil, Plant-Based Butter, Rice Wine Vinegar

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



Calorie Smart



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.

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

9		
	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	1/2	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)	1/2	1
coriander	1 bag	1 bag
crispy shallots	1 packet	1 packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2576kJ (616Cal)	513kJ (123Cal)
12g	2.4g
22.4g	4.5g
8.3g	1.7g
86.9g	17.3g
14.2g	2.8g
1405mg	280mg
	2576kJ (616Cal) 12g 22.4g 8.3g 86.9g 14.2g

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 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!