



Mongolian Lamb & Veggie Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Broccoli



Asian Greens



Oyster Sauce



Lamb Mince



Crispy Shallots

 Hands-on: **25-35 mins**
Ready in: **25-35 mins**

Switch up this Chinese restaurant staple by adding tender lamb mince instead of the usual beef strips. Featuring all of your favourite stir-fried veggies and fluffy garlic rice, you may never want to go back to the original again.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

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	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 bunch	1 bunch
oyster sauce	100g	200g
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	½ tbs	1 tbs
lamb mince	1 packet	1 packet
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2860kJ (683Cal)	558kJ (133Cal)
Protein (g)	35.3g	6.9g
Fat, total (g)	19.5g	3.8g
- saturated (g)	9.7g	1.9g
Carbohydrate (g)	89.4g	17.5g
- sugars (g)	15.1g	2.9g
Sodium (mg)	2342mg	457mg

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 the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then 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 the water is absorbed, **10 minutes**.

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



Brown the lamb mince

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **lamb mince**, breaking it up with a spoon until browned, **3-4 minutes**.



Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into batons. Trim and halve the **broccolini**. Roughly chop the **Asian greens**. In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar** and **water (for the sauce)**, season with **pepper**. Set aside.



Finish the stir-fry

Add the **oyster sauce mixture** to the **lamb mince** and cook until slightly thickened, **1 minute**. Remove from the heat, then return the **veggies** to the pan. Toss until combined and warmed through.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccolini**, stirring, until tender, **4-5 minutes**. Add the **Asian greens** and remaining **garlic** and cook until softened, **1-2 minutes**. Transfer to a medium bowl.



Serve up

Divide the garlic rice between bowls and top with the Mongolian lamb and veggie stir-fry. Garnish with the **crispy shallots**.

Enjoy!