



Stir-Fried Mushrooms & Veggies

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Portabello Mushrooms



Button Mushrooms



Carrot



Asian Greens



Ginger Paste



Asian Stir-Fry Sauce



Soy Sauce Mix



Roasted Peanuts



Chilli Flakes

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Plant Based

Stir-fries are a fun way to get all those veggies in one go. There's two types of mushrooms, Asian greens and carrot tossed through a darkly indulgent soy sauce and stir-fry sauce. The sauces will soak into the rice so nothing is missed when you dig in tonight.

Pantry items

Olive Oil, Plant-Based Butter, Sesame Oil, Soy Sauce

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 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
onion	1 (medium)	1 (large)
portabello mushrooms	1 packet	1 packet
button mushrooms	1 packet	1 packet
carrot	1	2
Asian greens	1 bunch	2 bunches
ginger paste	1 medium packet	1 large packet
Asian stir-fry sauce	1 medium packet	1 large packet
soy sauce mix	1 packet (40g)	1 packet (80g)
sesame oil*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637Cal)	435kJ (104Cal)
Protein (g)	17.6g	2.9g
Fat, total (g)	19.4g	3.2g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	92g	15g
- sugars (g)	20g	3.3g
Sodium (mg)	2031mg	331mg

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

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
4. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Cook the veggies

1. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot** until tender, **4-5 minutes**.
2. Add **Asian greens**, **ginger paste** and the remaining **garlic**, and cook until wilted and fragrant, **1 minute**.



Get prepped

1. Meanwhile, thinly slice **onion**.
2. Thinly slice **portabello mushrooms** and **button mushrooms**.
3. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.



Bring it all together

1. Add **Asian stir-fry sauce**, **soy sauce mix**, the **sesame oil**, **soy sauce** and cooked **mushrooms** to the pan.
2. Toss to combine and cook until slightly thickened, **1 minute**.



Cook the mushrooms

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **10-12 minutes**. Transfer to a bowl.

TIP: If your pan is getting crowded, cook in batches for the best results!



Serve up

1. Divide garlic rice between bowls.
2. Top with stir-fried mushrooms and veggies.
3. Garnish with **roasted peanuts** and **chilli flakes** (if using). Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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