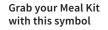


Stir-Fried Mushrooms & Veggies

with Garlic Rice & Peanuts

CLIMATE SUPERSTAR













Portabello Mushrooms



Button Mushrooms





Asian Greens



Chilli Flakes



(Optional)







Roasted Peanuts





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

Eat Me Early*

*Custom Recipe only



Plant Based^

^Custom Recipe is not Plant Based



*Custom Recipe is not Calorie Smart

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 stir-fry and soy 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

Wash your hands and any fresh food

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 \cdot Large frying pan

Ingredients

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	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		
chilli flakes ∮ (optional)	pinch	pinch		
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		
chicken breast**	1 packet	1 packet		
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*Pantry Items **Custom Recipe Ingredient

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		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3427kJ (819Cal)	443kJ (105Cal)
Protein (g)	50.1g	6.5g
Fat, total (g)	25g	3.2g
- saturated (g)	8.6g	1.1g
Carbohydrate (g)	92g	11.9g
- sugars (g)	20g	2.6g
Sodium (mg)	2130mg	276mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW16



Cook the garlic rice

- Finely chop garlic.
- 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.
- Add the **water** and a generous pinch of **salt** to the 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 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!



Get prepped

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

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Cook the mushrooms

 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!

Custom Recipe: Follow pan heating instructions as above and when oil is hot, cook chicken before mushrooms, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and cover to keep warm.



Cook the veggies

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



Bring it all together

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



Serve up

- Divide garlic rice between bowls.
- · Top with stir-fried mushrooms and veggies.
- Garnish with roasted peanuts and any remaining chilli flakes. Enjoy!

Custom Recipe: Top with chicken, stir-fried mushrooms and Asian greens.



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