



Stir-Fried Mushrooms & Veggies

with Garlic Rice & Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Portabello Mushrooms



Button Mushrooms



Carrot



Asian Greens



Ginger Paste



Chilli Flakes (Optional)



Asian Stir-Fry Sauce



Soy Sauce Mix



Roasted Peanuts



Chicken Breast

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



Plant Based[^]
[^]Custom Recipe is not Plant Based



Calorie Smart^{*}
^{*}Custom Recipe is not Calorie Smart

Eat Me Early^{*}
^{*}Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · 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
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

*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

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1



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!

4



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**.

2



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.

5



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**.

3



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.

6



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.

Rate your recipe

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