

Easy Soy Mushroom Bowl

with Spring Onion Rice & Nuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Field Mushrooms



Green Beans



Spring Onion



Ginger Paste



Chilli Flakes (Optional)



Baby Spinach Leaves



Roasted Peanut Cashew Mix



Coriander



Plant-Based Aioli

- Hands-on: **15-25 mins**
- Ready in: **30-40 mins**
- Eat me early
- Plant based
- Naturally gluten-free
- Spicy (optional chilli flakes)
- Not suitable for Coeliacs

We love a hearty rice bowl! To make things better, this dish is packed with all our veggie favourites, featuring soy coated field mushrooms. It's a deliciously simple plant-based recipe that doesn't disappoint.

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Sauce), Brown Sugar, Plant-Based Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
field mushrooms	2 packets (400g)	4 packets (800g)
green beans	1 bag (100g)	1 bag (200g)
spring onion	2 stems	4 stems
soy sauce* (or gluten-free tamari sauce)	1½ tbs	3 tbs
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
plant-based butter*	40g	80g
baby spinach leaves	1 bag (60g)	1 bag (120g)
roasted peanut cashew mix	1 packet	2 packets
coriander	1 bag	1 bag
plant-based aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3173kJ (758Cal)	670kJ (160Cal)
Protein (g)	17g	3.6g
Fat, total (g)	44.6g	9.4g
- saturated (g)	6.9g	1.5g
Carbohydrate (g)	69.9g	14.7g
- sugars (g)	5.1g	14.7g
Sodium (mg)	987mg	208mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

Finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and the **salt** to the pan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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

3



Cook the mushrooms

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **green beans**, tossing, until tender, **2-3 minutes**. Transfer to a medium bowl. Return the pan to a medium-high heat and add the **plant-based butter** and a drizzle of **olive oil**. Cook the **mushrooms**, stirring, until softened, **7-10 minutes**. Reduce the heat to medium and add the **soy sauce mixture**. Cook, tossing until well coated, **3-4 minutes**. Remove from the heat. Stir in the **baby spinach leaves** until just wilted.

2



Get prepped

While the rice is cooking, trim the **field mushrooms** and thinly slice. Trim the **green beans** and thinly slice. Thinly slice the **spring onion**. In a small bowl, combine the **soy sauce**, **ginger paste**, **brown sugar**, **chilli flakes** (if using), a splash of **water**, a pinch of **black pepper** and the remaining **garlic**. Set aside.

4



Serve up

Stir the spring onion and green beans through the rice. Divide the rice between bowls. Top with the soy-butter mushrooms. Sprinkle over the **roasted peanut cashew mix**. Tear over the **coriander** and top with the **plant-based aioli** to serve.

Enjoy!

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