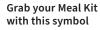


Easy Soy Mushroom Bowl with Spring Onion Rice & Nuts









Green Beans





Spring Onion

Ginger Paste





(Optional)

Baby Spinach Leaves



Coriander

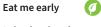


Pantry items

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



Hands-on: 15-25 mins Ready in: 30-40 mins Naturally gluten-free * Not suitable for Coeliacs



Plant based

Spicy (optional chilli flakes)

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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.



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

 ${\sf Medium\, saucepan} \cdot {\sf Large\, frying\, pan}$

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*	1⁄4 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	
<i>soy sauce*</i> (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.

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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!



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.

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!

Rate your recipe Scan here to rate this recipe!





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.

