



Cooking Made Easy

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Hoisin Stir Fry with Rice, Yellow Pepper & Sugar Snap Peas

Our Lucia got quite excited last week. An audible “whoop whoop” combined with a small air punch aren’t commonly associated with studying a spreadsheet, but it turns out she’d just totted up the number of replies you’ve made to our recipe surveys. Almost 250,000! That’s a quarter of a million bits of help you’ve given us to improve your dinners - thank you and keep ‘em coming!



30 min



spicy



lactose free



veggie



Brown Rice



Red Onion



Garlic Clove



Red Chilli



Coriander



Celery



Yellow Pepper



Ginger



Aubergine



Cornflour



Sugar Snap Peas



Lime



Hoisin Sauce



Salted Peanuts

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Red Onion, sliced	½ cup	1 cup
Garlic Clove, diced	1	2
Red Chilli, diced	2 tsp	1 tbsp
Coriander, chopped	3 tbsp	5 tbsp
Celery, sliced 1	1 stick	2 sticks
Yellow Pepper, chopped	1	2
Ginger, chopped	1 tbsp	2 tbsp
Aubergine, chopped	1 cup	2 cups
Cornflour	1 tbsp	2 tbsp
Sugar Snap Peas	1 cup	2 cups
Lime	½	1
Hoisin Sauce 2, 3, 4	3 tbsp	6 tbsp
Salted Peanuts 5	2 tbsp	4 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Gluten

3) Sesame | **4)** Soya

5) Peanut

Nutrition per serving: Calories: 614 kcal | Protein: 20 g | Carbs: 120 g | Fat: 15 g | Saturated Fat: 2g



1 Bring a large pot of water to a rapid boil with ¼ tsp of salt. Wash the rice under running water for 30 seconds (important step!). Boil the rice for 25 mins until soft enough to eat. Drain the rice and put it back in the pan off the heat and cover with a tea towel.

fry the aubergine for 5 mins while you toss the pan and add more oil if needed. Remove the aubergine from the pan and set to the side.



2 Peel and slice the onion in half lengthways and then very thinly slice it. Peel and finely dice the garlic. Then finely dice the chilli and roughly chop the coriander. Thinly slice the celery widthways and chop the pepper into 3cm chunks. Peel the ginger using the edge of a spoon and then very finely chop.

5 Heat 1 tbsp of oil in the pan and add in the onion, garlic, chilli and ginger. After 1 minute, add the yellow pepper and cook for 2 mins.



3 Slice the aubergine in half lengthways then slice each half lengthways into 4 strips. Now chop widthways into 2-3cm chunks. Toss the aubergine chunks in the cornflour together with a pinch of salt and pepper.

6 Now add the sugar snap peas and the celery and cook for another minute. Add 2 tbsp of water and cover the pan. Leave to cook for another 2 mins.



4 Heat 2 tsp of oil in a non-stick pan on high heat. Once really hot, carefully add in the aubergine. Stir

7 Squeeze the juice of half the lime into the hoisin sauce. Take the lid off the stir fry and add in the sauce together with the aubergine. Sprinkle over a couple of tbsp of chopped coriander and the nuts. Toss everything together for a minute and then serve with the rice.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!