



Bulgogi Mushrooms and Tenderstem[®] Broccoli with Zesty Rice and Crushed Peanuts

Calorie Smart 20 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

23



Basmati Rice



Portobello Mushroom



Lime



Spring Onion



Chilli



Salted Peanuts



Tenderstem Broccoli[®]



Bulgogi Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Zester, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Portobello Mushroom**	3	4	6
Lime**	½	¾	1
Spring Onion**	1	2	2
Chilli**	½	¾	1
Salted Peanuts 1)	25g	40g	40g
Tenderstem® Broccoli**	80g	150g	150g
Bulgogi Sauce 11)	150g	225g	300g
Soy Sauce 11) 13)	25ml	37ml	50ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	376g	100g
Energy (kJ/kcal)	2222/531	592/141
Fat (g)	11	3
Sat. Fat (g)	1	1
Carbohydrate (g)	94	25
Sugars (g)	28	7
Protein (g)	15	4
Salt (g)	3.31	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



Start the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp** of **salt for the rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Add the Sauce

a) Once the **mushrooms** and **broccoli** are cooked, stir through the **bulgogi sauce**, **soy sauce** and a squeeze of **lime juice**.

b) Simmer until the **sauce** has thickened, 2-3 mins.



Prep

a) Thinly slice the **mushrooms** into 1cm slices.

b) Zest and halve the **lime** (see ingredients for amount).

c) Trim and thinly slice the **spring onion**. Halve the **chilli** lengthways (see ingredients for amount), deseed then finely chop.

d) Roughly chop the **peanuts**. Chop the **Tenderstem** into thirds.



Flavour the rice

a) Once the **rice** has cooked, fluff up with a fork and stir the **lime zest** in.



Start Frying

a) Heat a drizzle of **oil** in a large frying pan on high heat.

b) When hot, add the **mushrooms** and **Tenderstem** to the pan, season with **salt** and **pepper**. Fry until golden, stirring occasionally, 6-8 mins. **TIP:** Add a splash of oil to the pan if needed.



Serve

a) Divide the **rice** between bowls and top with the **mushrooms and broccoli**.

b) Sprinkle over the **spring onion**, **peanuts** and **chilli**. **TIP:** Add less if you don't like too much heat.

c) Serve with any remaining **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.