



Mushroom Donburi

with Soy Rice & Ginger Tenderstem

Classic 25 Minutes • Little Heat • 1.5 of your 5 a day • Veggie

20



Jasmine Rice



Shiitake Mushrooms



Garlic Clove



Spring Onion



Bok Choy



Maple Syrup



Miso Paste



Ginger Purée



Soy Sauce



Sliced Mushrooms



Tenderstem Broccoli®



Cashew Nuts

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	1 small pack	1 large pack	2 small packs
Shiitake Mushrooms**	1 punnet	2 punnets	2 punnets
Garlic Clove**	1 clove	1 clove	2 cloves
Spring Onion**	2	3	4
Bok Choy**	1	1½	2
Maple Syrup	1 sachet	2 sachets	2 sachets
Miso Paste 11	1 sachet	1 sachet	2 sachets
Ginger Purée	1 sachet	1 sachet	2 sachets
Soy Sauce 11 13	1 sachet	2 sachets	2 sachets
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Tenderstem Broccoli ***	1 small pack	1 large pack	1 large pack
Cashew Nuts 2	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	1810 /433	364 /87
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	73	15
Sugars (g)	9	2
Protein (g)	14	3
Salt (g)	1.99	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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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Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep

Quarter your **shiitake mushrooms**, peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then thinly slice. Trim the **bok choy** and thinly slice widthways.



Cook the Mushroom

Mix the **miso**, **maple syrup**, **half** the **soy sauce**, **half** the **ginger purée** and 1 tbsp of **water** per person, together in a small bowl. Heat a drizzle of **oil** in a large frying pan on medium- high heat. When hot, add the **sliced** and **shiitakes mushrooms**. Stir-fry until they're tender and browned, 4-5 mins. Add the **sauce** you just made along with the **garlic**, stir together and continue cooking until sticky and glazed, stirring frequently, 1-2 mins. Transfer the **mushrooms** into a bowl and cover with foil to keep them warm.



Veggie Time

Wipe the frying pan clean and return to medium-high heat with a drizzle of **oil**. When it's hot, add the **Tenderstem broccoli** and stir-fry until tender, 3-4 mins. Add the **bok choy**, remaining **ginger purée** and a splash of **water**, cook until the **bok choy** has wilted, another 1-2 mins. Season to taste with **salt**.



Finish the Rice

Once the **rice** is cooked, carefully fluff it up with a fork and mix the remaining **soy sauce** through it.



Time to Serve

Serve the **rice** on one the side of your bowl. Place the **ginger broccoli** and **bok choy** alongside. Serve the **mushrooms** and any **sauce** from the bowl, on top and sprinkle over the **cashews** and **spring onion**.

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.