



# SUPER GREEN STIR-FRY

with Roasted Broccoli, Ginger Peanut Dressing



## HELLO RICE VINEGAR

The colour of rice vinegar ranges from clear to shades of red and brown. Each variety has got a different taste.



Broccoli Florets



Green Beans



Coriander



Spring Onion



Carrot



Garlic clove



Easy Ginger



Soy Sauce



Rice Vinegar



Steamed Brown Basmati & Quinoa



Soft Dried Apricots



Lime



Peanut Butter



Salted Peanuts

This super green stir-fry is the perfect quick-fix recipe if you're craving something fresh and flavourful. Crunchy green vegetables like beans and broccoli pick up all the flavours in the peanutty sauce, whilst fresh herbs and lime juice keep things fresh. Wholesome, hearty and packed with nourishing ingredients, make this your dinnertime go-to.

20 mins

2 of your 5 a day

Veggie

MEAL BAG



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Coarse Grater**, **Fine Grater**, **Large Frying Pan** and **Measuring Jug**. Now, let's get cooking!



## 1 ROAST THE BROCCOLI

Preheat the oven to 200°C. Pop the **broccoli** on a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast on the middle shelf of your oven until slightly charred and tender, 15 mins.



## 2 GET PREPPED

Meanwhile, trim the **green beans** and chop into thirds. Roughly chop the **coriander** (stalks and all). Trim the **spring onion** then slice thinly. Trim, then coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press).



## 3 STIR-FRY TIME!

Heat a glug of **oil** in a large frying pan over medium-high heat. Once hot, add the **green beans** and stir-fry for 3-4 mins. Stir in **half** the **spring onion**, the **garlic**, **half** the **easy ginger**, **half** the **soy sauce** and the **rice vinegar**. Fry for 2 mins more.



## 4 ADD THE GRAINS

Add the **brown rice and quinoa** and the **carrot** to the frying-pan. Break up any large clumps with a wooden spoon. Cook, stirring occasionally for 3 mins. Meanwhile, roughly chop the **dried apricots**. Zest the **lime** and cut into quarters.



## 5 MAKE THE DRESSING

Pop the **peanut butter** into a small bowl. Mix in the remaining **soy sauce** and **easy ginger** and the **juice** from **half** the **lime**. Add the **water** (see ingredients for amount) and stir well. Taste and season with **salt**, **pepper** and more **lime juice** as needed. **★ TIP:** *You want it to be pouring consistency!*



## 6 FINISH AND SERVE

Once cooked, add the **roasted broccoli** to the **stir-fry**. Stir through the **apricots**, **ginger**, **peanut**, **coriander** and **lime zest**. Serve in bowls with the **peanut butter dressing** drizzled all over. Sprinkle over the remaining **spring onion** and finish with any spare **lime wedges** popped on the side.

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Broccoli Florets *	1 small pack	1 medium pack	1 large pack
Green Beans *	1 small pack	1 large pack	2 small packs
Coriander *	1 bunch	1 bunch	1 bunch
Spring Onion *	2	3	4
Carrot *	1	2	3
Garlic Clove	1	2	2
Easy Ginger	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Steamed Brown Basmati & Quinoa	1 pack	1½ pack	2 pack
Soft Dried Apricots 14)	1 bag	1½ bags	2 bags
Lime	1	1½	2
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Water*	50ml	75ml	100ml
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 491G	PER 100G
Energy (kcal)	400	81
(kJ)	1672	341
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	55	11
Sugars (g)	19	4
Protein (g)	17	3
Salt (g)	3.21	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 11) Soya 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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