



Sweet and Sour Style Vegetables

with Star Anise Rice

Nº 24

CLASSIC 25 Minutes • 2.5 of your 5 a day • Veggie



Star Anise



Long Grain Rice



Red Pepper



Yellow Pepper



Onion



Spring Onion



Garlic Clove



Salted Peanuts



Sliced Mushrooms



Cornflour



Ketjap Manis



Rice Vinegar



Ginger Puree



Chinese Leaf

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Water the Rice*	150ml	225ml	300ml
Star Anise	1 pot	1 pot	1 pot
Long Grain Rice	150g	225g	300g
Red Pepper**	1	1	2
Yellow Pepper**	1	2	2
Onion**	1	1	2
Spring Onion**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Cornflour	10g	20g	20g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	2 sachets	3 sachets	4 sachets
Ginger Puree	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	125ml
Chinese Leaf **	1 bag	1 bag	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2211 / 529	395 / 94
Fat (g)	8	1
Sat. Fat (g)	1	1
Carbohydrate (g)	99	18
Sugars (g)	29	5
Protein (g)	14	3
Salt (g)	1.67	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **11)** Soya **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the star anise and 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).



4. Add the Sauce

Pop your empty frying pan back on medium high heat with a drizzle of **oil**. Add the **floured peppers** and **onion** to the pan. Fry until slightly charred and softened, 5-6 mins. Once softened add the **mushrooms** and pour in the **sauce mixture**. Stir together well. Simmer until thickened, 2-3 mins.



2. Get Prepped

Whilst the **rice** cooks, halve the **peppers** and discard the core and seeds. Chop into 2cm sized chunks. Halve, peel and chop the **onion** into 1cm chunks. Trim the **spring onions** then thinly slice. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts** and set aside.



5. Finish it off

Once the **sauce** is nice and sticky, add the **Chinese leaf**, stir though until it wilted and piping hot, 2-3 mins. Taste and add **salt** and **pepper** if you feel it needs it.



3. Fry the Veg

Heat a drizzle of **oil** in a large frying pan on a medium high heat. Once hot, add the sliced **mushrooms** and fry until golden stirring frequently, 3-4 mins. Remove to a bowl. Meanwhile, put the chopped **peppers** and **brown onion** in a large bowl and mix with the **cornflour**. In a small bowl mix together the **ketjap manis**, **rice wine vinegar**, **garlic**, **ginger** and **water** (see ingredients for amount).



6. Serve up

Remove the **star anise** from your **rice** and fluff it up with a fork. Divide the **rice** between your plates, top with the **sweet and sour veg**. Sprinkle on the **spring onion** and **chopped peanuts**.

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.