

Sweet and Sour Style Vegetables

with Star Anise Rice

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







Star Anise





Long Grain Rice



Red Pepper







Yellow Pepper

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 vou 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) 13)	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

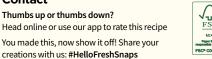
1) Peanut 11) Soya 13) Gluten

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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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 1/4 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).



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.



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).



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.



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.



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.