



# Sweet and Sour Style Vegetables with Star Anise Basmati Rice

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

20



Star Anise



Basmati Rice



Bell Pepper



Onion



Spring Onion



Garlic Clove



Salted Peanuts



Sliced Mushrooms



Cornflour



Ketjap Manis



Rice Vinegar



Ginger Purée



Chinese Leaf

## 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), Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Water the Rice*	300g	450g	600g
Star Anise	1	1	1
Basmati Rice	150g	225g	300g
Bell Pepper***	2	3	4
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	1 small punnet	1 large punnet	2 small punnets
Mushrooms**	10g	20g	20g
Cornflour	10g	20g	20g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	2 sachets	3 sachets	4 sachets
Ginger Purée	1 sachet	1 sachet	2 sachets
Water for sauce*	75ml	100ml	125ml
Chinese Leaf**	1 bag	1 bag	2 bags

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	575g	100g
Energy (kJ/kcal)	2280/545	397/95
Fat (g)	8	1
Sat. Fat (g)	1	1
Carbohydrate (g)	101	18
Sugars (g)	30	5
Protein (g)	15	3
Salt (g)	1.71	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

### 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.

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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 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).



### 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.



### 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 vinegar**, **garlic**, **ginger purée** and **water** (see ingredients for amount).



### Saucy!

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.



### Finish Off

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



### Serve!

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.