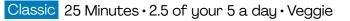


Sweet and Sour Style Vegetables

with Star Anise Basmati Rice







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 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 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.



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).



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.

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