



SWEET AND SOUR VEGGIES

with Lime & Coriander Rice



XXX

xxx



Pineapple Rings



Red Pepper



Baby Corn



Spring Onion



Ketchup



Soy Sauce



Sweet Chilli Sauce



Sugar Snap Peas



Steamed Lime & Coriander Basmati Rice



Sesame Seeds

MEAL BAG

15 mins

2 of your 5 a day

Little heat

Rapid recipe

Veggie

This 15-minute dish is the ultimate quick fix for the days when you're totally rushed off your feet. In this recipe, Chef Jesse has included pineapple to give a really lovely sweetness to the dish that works perfectly with the rich umami sauce. Served in big bowlfuls of steaming rice, and topped with white sesame seeds and chopped spring onion, this dish proves that big flavours can come together in no time at all.

GET PREPARED!

Get out your Utensils.

16

BEFORE YOU START

🔪 Get out your **Utensils**.
🧼 Wash the **veggies**.
and **Sour Veggies with Lime & Coriander Rice**.

Make sure you've got two **Large Frying Pans**. Let's start cooking the **Sweet**



1 DO THE PREP

- Drain the **pineapple rings** (reserve the juice!) and chop into bite-sized pieces.
- Halve the **pepper** and discard the core and seeds. Chop into small pieces. Halve the **baby corn** lengthways.
- Trim the **spring onion** then finely slice.



2 MAKE THE SAUCE

- In a small bowl, combine the **ketchup**, **soy sauce**, **sweet chilli sauce** and 2 tbsp **pineapple juice** per person. Set aside.



3 START FRYING

- Heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.
- Add **half** the **spring onion**, the **pepper**, **pineapple**, **baby corn** and **sugar snap peas** and stir-fry until starting to soften, 3-4 mins.



4 GET SAUCY

- Pour the **sauce** you made in step 2 into the pan, stir and bubble until thick and glossy, 2 mins.



5 COOK THE RICE

- Meanwhile, cook the **rice** according to pack instructions.



6 SERVE

- Stir **half** the **sesame seeds** through the **veggies** then remove the pan from the heat.
- Serve the **rice** in bowls with the **sweet and sour veggies** spooned over the top.
- Finish with a scattering of the remaining **spring onions** and **sesame seeds**.

ENJOY!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pineapple Rings	1 tin	1½ tins	2 tins
Red Pepper *	1	1	2
Baby Corn *	1 pack	1½ packs	2 packs
Spring Onion *	2	3	4
Ketchup 10)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Sugar Snap Peas *	1 pack	1½ packs	2 packs
Steamed Lime & Coriander Basmati Rice	1 pouch	1½ pouches	2 pouches
Sesame Seeds 3)	1 small sachet	1 small sachet	1 large sachet

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 454G	PER 100G
Energy (kJ/kcal)	1644 / 393	363 / 87
Fat (g)	7	2
Sat. Fat (g)	2	1
Carbohydrate (g)	69	15
Sugars (g)	28	6
Protein (g)	11	3
Salt (g)	2.58	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 10) Celery 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.

👍 THUMBS UP OR THUMBS DOWN?

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