



Cooking Made Easy

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## The Governor's Kung Bao with Brown Rice and Cashews

Legend has it that in the late nineteenth century, the governor of Sichuan province, Ding Baozhen, was missing quite a few of his teeth. One day he ducked out of his palace to eat in a local restaurant where the chef served him a dish of beautifully chopped up, quickly stir fried ingredients. The governor was so impressed with the dish (not least because it was easy for him to eat) that he hired the chef full time and christened the recipe with his official name, Kung Bao. Though some people doubt the story we're convinced it's the tooth\*.

\*Sorry, we couldn't resist that one!



30 min



veggie



lactose free



spicy



Brown Rice



Garlic Clove



Red Chilli



Ginger



Spring Onion



Chestnut Mushrooms



Soy Sauce




Rice Vinegar




Cashew Nuts

## Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Garlic Clove, chopped	1½	3
Red Chilli, chopped	½	1
Ginger, chopped	½ tbsp	1 tbsp
Spring Onion, sliced	3	5
Chestnut Mushrooms, chopped	1½ cups	3 cups
Soy Sauce <b>1, 2</b>	2 tbsp	4 tbsp
Rice Vinegar	2 tbsp	4 tbsp
Cashew Nuts <b>3</b>	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Gluten | **2)** Soya  
**3)** Nut

**Nutrition per serving:** Calories: 378 kcal | Protein: 9 g | Carbs: 67 g | Fat: 7 g | Saturated Fat: 1 g



**1** Boil a large pot of water for your rice.

**2** Thoroughly rinse your rice under cold water for a minute. Add the rice to the boiling water with ½ tsp salt and cook for around 20-25 mins until soft. **Tip:** *Once cooked, drain the rice, put back in the pan (off the heat) and cover with a clean tea towel for 5 mins.*

**3** Meanwhile, finely chop the garlic and chilli. Peel the ginger with the edge of a spoon and finely chop. Finely slice the spring onions (including the green part) and chop the mushrooms in half or any monsters into large chunks.

**4** To make the gong bao, whisk together the soy sauce, vinegar and 2 tsp of sugar (if you have some) in a small bowl.

**5** Heat a wok or large frying pan over high heat and add 1 tbsp olive oil. When hot, add the mushrooms and sear for 1-2 mins without moving the pan. **Tip:** *If you stir the mushrooms too often they won't get nice and brown!*

**6** Add the chilli, garlic, ginger and three quarters of the spring onion to the pan (reserving some of the green bits) and cook for 2 mins. Add the gong bao mix and cook for a further minute, then remove the pan from the heat and stir in the cashews.

**7** Serve the rice into bowls, top with the gong bao and the remaining spring onion. Tuck in!



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