



Gochujang Mushroom Stir-Fry with Pak Choi, Sugar Snaps and Jasmine Rice

Quick 25 Minutes • **Mild Spice** • 2 of your 5 a day

17



Garlic Clove



Pak Choi



Jasmine Rice



Sliced Mushrooms



Sugar Snap Peas



Coleslaw Mix



Gochujang Paste



Ketjap Manis



Soy Sauce



Salted Peanuts



King Prawns

Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, saucepan, sieve, lid, frying pan, rolling pin, and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Pak Choi**	1	2	2
Jasmine Rice	150g	225g	300g
Sliced Mushrooms**	180g	260g	360g
Sugar Snap Peas**	80g	150g	150g
Coleslaw Mix**	120g	180g	240g
Gochujang Paste 11	50g	75g	100g
Ketjap Manis 11	25g	37g	50g
Soy Sauce 11 13	15ml	25ml	25ml
Salted Peanuts 1	25g	40g	50g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	442g	100g	517g	100g
Energy (kJ/kcal)	2435/582	551/132	2601/622	503/120
Fat (g)	17.4	3.9	17.8	3.4
Sat. Fat (g)	2.2	0.5	2.3	0.4
Carbohydrate (g)	91.4	20.7	91.4	17.7
Sugars (g)	25.7	5.8	25.7	5.0
Protein (g)	15.1	3.4	24.0	4.6
Salt (g)	4.14	0.94	5.15	1.00

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **5)** Crustaceans **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

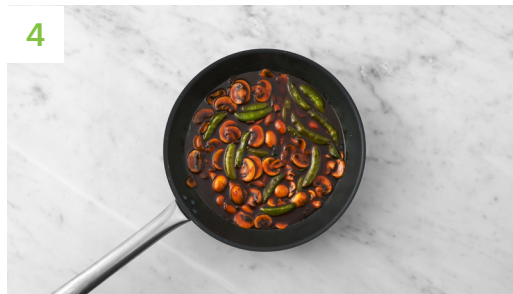
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Start your Prep

- Boil a half-full kettle for the **rice**.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **pak choi** lengthways through the root, then cut each half into wedges.



Bring on the Sauce

- Add the **gochujang**, **ketjap manis**, **half the soy**, **honey** and **water for the sauce** (see pantry for both amounts) to the **veg**.
- Bring to the boil, reduce the heat and simmer until the **sauce** has reduced, 2-3 mins.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.
- Transfer the **veg stir-fry** to a bowl and cover to keep warm.



Cook the Rice

- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Sear the Pak Choi

- Pop the (now empty) pan back on medium-high heat with a drizzle more **oil** (no need to clean).
- Once hot, lay in the **pak choi** on one of the cut sides. Cook for 2 mins, then turn onto the other cut side for another 2 mins, until golden and caramelised.
- Reduce the heat to medium, add a splash of **water** and pop a lid (or some foil) on the pan. Leave to steam for another 3 mins, then remove from the heat.

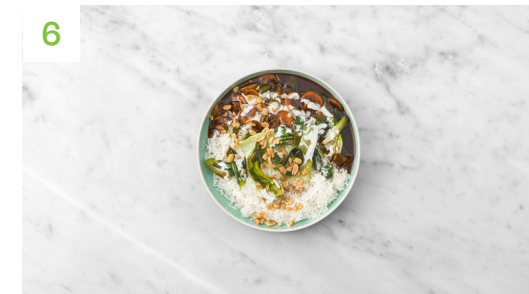


Time to Stir-Fry

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **sliced mushrooms** to the pan and season with **salt** and **pepper**. Cook, stirring, until starting to brown, 3-4 mins.
- Add the **sugar snaps** and **coleslaw mix** to the pan. Stir-fry until tender, 2-3 mins.
- Reduce the heat to medium-high and stir in the **garlic**. Fry for 30 secs.

CUSTOM RECIPE

If you're adding **prawns**, drain them, then add to the pan with the **mushrooms**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve

- Stir the remaining **soy** through the **rice** and share it out between your bowls.
- Spoon over the **mushroom stir-fry**. Lay the **pak choi wedges** on top, then drizzle over the **mayo** (see pantry for amount).
- Sprinkle the **peanuts** over the top to finish.

Enjoy!