



Beyond Meat® and Broccoli Stir Fry with Garlic Rice

VEGGIE

30 Minutes



Beyond Meat®



Broccoli, florets



Green Onions



Ginger



Garlic



Jasmine Rice



Peanuts, chopped



Cornstarch



Vegetarian
Oyster-Soy Sauce

HELLO BEYOND MEAT®

You won't believe the taste of this plant-based protein.

Start Strong

Before starting, wash and dry all produce.

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!

Bust Out

Large Non-Stick Pan, Measuring Spoons, Whisk, Medium Bowl, Medium Pot, Measuring Cups

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Broccoli, florets	227 g	454 g
Green Onions	2	4
Ginger	30 g	60 g
Garlic	6 g	12 g
Jasmine Rice	¾ cup	1 ½ cup
Peanuts, chopped	28 g	56 g
Cornstarch	1 tbsp	1 tbsp
Vegetarian Oyster-Soy Sauce	¼ cup	½ cup
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Cut **broccoli** into bite-sized pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4ppl). Thinly slice **green onions**. Peel, then mince or grate **garlic**.



2. COOK RICE

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **garlic** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cup water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3. COOK BROCCOLI

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot add **1 tbsp oil** (dbl for 4ppl), then the **broccoli**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Remove pan from the heat. Transfer **broccoli** to a plate.



4. MAKE CORNSTARCH MIXTURE

While **broccoli** cooks, whisk together **vegetarian oyster-soy sauce**, **1 tsp sugar**, **1 ½ tsp cornstarch** and **¾ cup water** (dbl all for 4ppl) in a medium bowl.



5. COOK BEYOND MEAT® & FINISH STIR-FRY

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **Beyond Meat®** and **ginger**. Cook, breaking up **Beyond Meat®** into smaller pieces, until golden, 4-5 min. ** Add **cornstarch mixture** and **broccoli**. Cook, stirring often, until slightly thickened, 2-3 min. Season with **pepper**.



6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide the **rice** between bowls, then top with the **stir-fry**. Sprinkle over the **peanuts** and **remaining green onions**.

Dinner Solved!