



FEB  
2017



## Kung Pao Mushrooms

with Jasmine Rice and Chili Cashews

Traditionally made with chicken, Kung Pao is a spicy stir-fry dish that is found throughout China. We've switched it up into a vegetarian version to celebrate Chinese New Year using meaty mushrooms and broccoli, and topped it all off with some chili cashews-delicious!



Jasmine Rice



Sesame Oil



Chili-Garlic Sauce



Ginger



Green Onions



Cremini Mushrooms



Broccoli



Soy Sauce





Sherry Vinegar



Chili Cashews

## Ingredients

	2 People	24 People
Jasmine Rice	1 pkg (170 g)	2 pkg (340 g)
Sesame Oil	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Chili-Garlic Sauce 	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Ginger	30 g	60 g
Green Onions	2	4
Cremini Mushrooms	1 pkg (227 g)	2 pkg (454 g)
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Soy Sauce	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Sherry Vinegar	1/2 bottle (1 tbsp)	1 bottle (2 tbsp)
Chili Cashews 	1 pkg (56 g)	2 pkg (113 g)
Sugar*	2 tsp	4 tsp

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Tree nuts/Noix
- 4) Sulphites/Sulfites
- 5) Sesame/Sésame
- 6) Peanuts/Cacahuètes

## Tools

Measuring Cups, Medium Pot, Measuring Spoons, Large Pan

Ruler

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**Nutrition per person** Calories: 631 cal | Fat: 21 g | Protein: 17 g | Carbs: 97 g | Fibre: 5 g | Sodium: 618 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



**1 Prep: Wash and dry all produce.** Bring **1 1/2 cups salted water** (double for 4 people) in a medium pot to a boil. Peel, then mince **1 tbsp ginger** (double for 4 people.) Thinly slice the **green onions**. Roughly chop the **mushrooms**.

4



**2 Cook the rice:** Add the **rice** to the boiling **water**. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

**3** Heat a large pan over medium heat. Add the **sesame oil**, then the **ginger, mushrooms** and **half the green onions**. Cook, until the mushrooms are golden-brown, 7-8 min.

**4** Add the **broccoli**. Cook, until tender-crisp, 1-2 min. Add the **chili-garlic sauce, soy sauce, vinegar** and **sugar**. Stir together. Season with **salt** and **pepper**.

4



**5 Finish and serve:** Stir the **rice** into the **kung pao**. Divide into bowls. Sprinkle with **remaining green onions** and **chili cashews**. Enjoy!

**DID YOU KNOW?** Cremini mushrooms are just baby portobellos! Though they are brown in colour, both mushrooms are actually the same species as the more popular white mushroom.

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