



# Laotian Veggie Laap

with Beyond Meat<sup>®</sup>, Rice and Greens

Veggie

25 Minutes



Beyond Meat<sup>®</sup>



Lime



Garlic



Lemongrass



Ginger



Soy Sauce Mirin Blend



Cilantro



Mint



Jasmine Rice



Spring Mix

HELLO BEYOND MEAT<sup>®</sup>

*You won't believe the meat-like texture of this plant-based protein!*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Medium bowl, measuring spoons, zester, wooden spoon, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Lime	1	2
Garlic	6 g	12 g
Lemongrass	1	2
Ginger	30 g	60 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Cilantro	7 g	14 g
Mint	7 g	14 g
Jasmine Rice	¾ cup	1 ½ cup
Spring Mix	56 g	113 g
Sugar*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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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## Make rice

Bring **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Cook Beyond Meat®

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **lemongrass** and **Beyond Meat®**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min.\*\* Remove pan from heat and stir in **laap sauce** to combine. Season with **salt** and **pepper**.



## Prep

While **rice** cooks, zest, then juice **lime**. Peel, then mince or grate **garlic** and **ginger**. Remove outer layer of **lemongrass** then quarter crosswise. Using the back of a wooden spoon, forcefully tap the **lemongrass** to bruise, then finely mince. Roughly chop **cilantro**. Pick **mint leaves** from stem, then roughly chop.



## Finish and serve

Add **spring mix** and **1 tsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Divide **rice** between plates. Top **rice** with **spring mix**, then spoon **Beyond Meat® laap mixture** on top. Sprinkle **mint** and **cilantro** over top.

## Dinner Solved!



## Make laap sauce

Combine **lime zest**, **lime juice**, **Soy Sauce**, **Mirin Blend**, **ginger**, **garlic**, **¼ cup water** and **1 tbsp sugar** (dbl both for 4 ppl) in a small bowl. Set aside.