



Vegetarian Sweet Chili Bowls

with Protein Shreds and Ginger Rice

Veggie

Spicy

Quick

25 Minutes



Plant-Based Protein Shreds



Ginger-Garlic Puree



Jasmine Rice



Carrot, julienned



Soy Sauce



Shanghai Bok Choy



Sesame Seeds



Sesame Oil



Sweet Chili Sauce



Green Onion

HELLO SWEET CHILI SAUCE

A sweet and savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Plant-Based Protein Shreds	200 g	400 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Carrot, julienned	113 g	226 g
Soy Sauce	1 tbsp	2 tbsp
Shanghai Bok Choy	226 g	452 g
Sesame Seeds	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Green Onion	2	4
Sugar*	¼ tsp	½ tsp
Oil*		
Salt*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **half the ginger-garlic puree**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove the pot from heat. Set aside, still covered.



Cook protein shreds

- Pat **protein shreds** dry with paper towels.
- Add **protein shreds** and **1 tbsp oil** (dbl for 4 ppl) to the same pan over medium.
- Using a spoon, break apart **protein shreds**. Cook, stirring often, until golden-brown and cooked through, 3-4 min.**
- Add **soy sauce**, **sesame seeds** and **¼ tsp sugar** (dbl for 4 ppl). Cook, stirring often, until coated, 1-2 min.



Prep

- Meanwhile, thinly slice **green onions**.
- Core, then cut **bok choy** into 1-inch pieces.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls, then top with **protein shreds** and **veggies**.
- Drizzle **sweet chili sauce** over top.
- Sprinkle **remaining green onions** over top.

Dinner Solved!



Cook veggies

- Heat a large non-stick pan over medium heat.
- When hot, add **sesame oil**, then **bok choy** and **carrots**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **remaining ginger-garlic puree**. Stir to coat **veggies**, 1 min.
- Transfer **bok choy** to a plate and cover with foil to keep warm.