



VEGAN SZECHUAN BROCCOLI-CARROT STIR-FRY

with Rice & Peanuts

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Onion



8 oz | 16 oz
Broccoli



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



5 tsp | 5 tsp
Rice Wine Vinegar



2 TBSP | 2 TBSP
Szechuan Paste
Contains: Sesame,
Soy, Wheat



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Cornstarch



1 tsp | 2 tsp
Chili Flakes



1 | 2
Microwavable Rice



½ oz | 1 oz
Peanuts
Contains: Peanuts



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 640



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 720



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 520



HELLO

SZECHUAN PASTE

Fiery heat, a hint of sweetness, and taste bud-tingling flavor

CRUNCH TIME

To bring out the peanuts' flavor and crunch, toast them in a small dry pan over medium heat, stirring often, until golden brown and fragrant, 2-4 minutes.

BUST OUT

- Peeler
- Whisk
- Large pan
- Medium bowl
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**
(646) 846-3663 | **HelloFresh.com**



1 PREP

- **Wash and dry produce.** Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**). Halve, peel, and thinly slice **onion**. Cut **broccoli** into bite-size pieces if necessary.

- Rinse **shrimp*** under cold water, then pat dry with paper towels, or open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; season with **salt** and **pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 FINISH STIR-FRY

- Add **Szechuan sauce** (reserve bowl; no need to wipe out!) and **garlic powder** to pan with **stir-fry**. Cook, stirring, until everything is thoroughly coated in sauce, 1-2 minutes.
- In bowl used for sauce, mix **cornstarch** with **1 TBSP water** (2 TBSP for 4 servings) until dissolved.
- Stir **cornstarch mixture** into stir-fry until fully incorporated; simmer until sauce thickens, 30-60 seconds.
- Remove pan from heat. Stir in **chili flakes** to taste (we used ½ tsp; ¼ tsp for 4). Taste and season with **salt** and **pepper** if desired. **TIP: If sauce is too thick, stir in a splash of water.**

- Stir in **shrimp** or **chicken** along with **chili flakes**.



2 START STIR-FRY

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **carrots**; cook, stirring occasionally, until slightly softened, 2-3 minutes.
- Add **onion** and **broccoli**: season with **salt** and **pepper**. Cook, stirring often, until onion is translucent and broccoli is tender, 3-5 minutes.

- Use pan used for shrimp or chicken here.



3 MIX SZECHUAN SAUCE

- Meanwhile, in a small bowl, whisk together **sweet soy glaze**, **half the Szechuan paste**, **half the vinegar**, ¾ cup water, and **1 tsp sugar**. (For 4 servings, use all the Szechuan paste, all the vinegar, 1½ cups water, and 2 tsp sugar.)



5 HEAT RICE

- Massage **rice** in package to break up grains. Partially open package; microwave until warmed through, 1½-2 minutes. (**Careful when handling and opening the pouch!**)
- Transfer rice to a medium bowl and fluff with a fork.



6 SERVE

- Divide **rice** and **stir-fry** between plates in separate sections. Sprinkle with **peanuts** and serve.

*Shrimp are fully cooked when internal temperature reaches 145°.

*Chicken is fully cooked when internal temperature reaches 165°.