

## **INGREDIENTS**

2 PERSON | 4 PERSON



Carrots





8 oz | 16 oz Button Mushrooms



4 TBSP | 8 TBSP Vegan Mayonnaise





5 tsp | 5 tsp Rice Wine Vinegar



Jasmine Rice



1 Thumb | 2 Thumbs Ginger



1 tsp | 2 tsp Sriracha 🐧



1 tsp | 2 tsp Garlic Powder



1 TBSP | 2 TBSP Sesame Seeds Contains: Sesame

6 oz | 12 oz

Green Beans

Scallions

4 TBSP | 8 TBSP

Sweet Soy Glaze Contains: Sesame, Soy, Wheat





# **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: 1050

# **VEGAN FIRECRACKER MUSHROOM RICE BOWLS**

with Roasted Carrots, Green Beans & Sesame Seeds





#### **BUST OUT**

- Peeler
- Small bowl
- · Baking sheet
- Large pan • Paper towels 😉
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp) (2 tsp | 2 tsp) 😉 🕒
- Sugar (1/2 tsp | 1 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.



#### I ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Trim. peel, and cut carrots on a diagonal into ½-inch-thick pieces. Toss on one side of a baking sheet with a **drizzle of oil**. salt. and pepper. Roast on top rack for 10 minutes (you'll add more to the sheet then).



### 2 COOK RICE

- Meanwhile, in a small pot, combine rice, 11/4 cups water (21/4 cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce heat to low.
- · Cook, covered, until rice is tender. 15-18 minutes. Keep covered off heat until ready to serve.



#### **3 PREP**

• While rice cooks, trim green beans if necessary. Trim and thinly slice mushrooms (skip if your mushrooms are pre-sliced!). Peel and mince or grate ginger until you have 1 tsp (2 tsp for 4 servings). Trim and thinly slice **scallions**, separating whites from areens.



#### 4 ROAST GREEN BEANS

- · Once carrots have roasted 10 minutes, remove baking sheet from oven. Carefully toss green beans on empty side of sheet with a drizzle of oil, salt, and pepper.
- Return sheet to top rack and roast until veggies are lightly browned and tender. 12-15 minutes.
- Rinse **shrimp**\* under cold water; pat dry with paper towels. Open package of chicken\* and drain off any excess liquid. Season shrimp or chicken all over with salt and pepper. Heat a large drizzle of oil in a large pan over medium-high heat. Once pan is hot, add shrimp or chicken and cook, stirring occasionally, until opaque and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



- In a small bowl, combine mayonnaise, Sriracha (use less if you prefer less heat), 1 TBSP sweet soy glaze, 1 tsp vinegar, and 1/2 tsp sugar (2 TBSP sweet soy glaze, 2 tsp vinegar, and 1 tsp sugar for 4 servings). (Be sure to measure the vinegar—we sent more!)
- Add water 1 tsp at a time until sauce reaches a drizzling consistency. Taste and season with salt and pepper. Set aside until ready to serve.



#### 6 COOK MUSHROOMS

- Heat a large drizzle of oil in a large pan over medium-high heat. Add mushrooms; cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes.
- · Reduce heat to medium; stir in minced ginger, scallion whites, garlic powder, and a drizzle of oil. Cook, stirring, until fragrant, 1 minute
- Remove pan from heat and stir in **remaining** sweet soy glaze until mushrooms are evenly coated. Cover to keep warm.
- Use pan used for shrimp or chicken here.

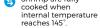


- · Fluff rice with a fork; season with salt and pepper.
- Divide rice between bowls; top with carrots, green beans, and mushrooms in separate sections. Drizzle bowls with firecracker sauce and garnish with scallion greens and sesame seeds Serve
- Serve **shrimp** or **chicken** atop bowls.





\*Chicken is fully cooked when reaches 165



WK 30-36