



# 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



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## 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
- Large pan
- Small bowl
- Whisk
- Medium 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.*

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### 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.



### 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.



### 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.)



### 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°.