



Broccoli Stir Fry

with Beyond Meat® and Garlic Rice

VEGGIE 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



-  Beyond Meat®
-  Broccoli, florets
-  Green Onions
-  Ginger
-  Garlic
-  Parboiled Rice
-  Peanuts, chopped
-  Cornstarch
-  Vegetarian Oyster-Soy Sauce

HELLO BEYOND MEAT

You won't believe the taste of this plant-based protein.

START HERE

Before starting, wash and dry all produce.

Peel ginger using a spoon's edge – you'll be able to maneuver around the knobby bits more easily!

Bust Out

Medium Bowl, Microplane/Zester, Measuring Spoons, Medium Pot, Measuring Cups, Whisk, Large Non-Stick Pan

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Broccoli, florets	227 g	454 g
Green Onions	2	4
Ginger	30 g	60 g
Garlic	6 g	12 g
Parboiled Rice	142 g	283 g
Peanuts, chopped	28 g	56 g
Cornstarch	1 tbsp	1 tbsp
Vegetarian Oyster-Soy Sauce	¼ cup	½ cup
Sugar*	1 tsp	2 tsp
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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1. PREP

Cut **broccoli** into bite-sized pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4ppl). Thinly slice **green onions**. Peel, then mince or grate **garlic**.



4. MAKE CORNSTARCH MIXTURE

While **broccoli** cooks, whisk together **vegetarian oyster-soy sauce**, **1 tsp sugar**, **1 ½ tsp cornstarch** and **¾ cup water** (dbl all for 4ppl) in a medium bowl.



2. COOK RICE

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **garlic** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cup water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min.



5. COOK BEYOND MEAT® & FINISH STIR-FRY

Heat the same pan (from step 3) over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **Beyond Meat®** and ginger. Cook, breaking up **Beyond Meat®** into smaller pieces, until golden, 4-5 min. ** Add **cornstarch mixture** and **broccoli**. Cook, stirring often, until slightly thickened, 2-3 min. Season with **pepper**.



3. COOK BROCCOLI

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot add **1 tbsp oil** (dbl for 4ppl), then the **broccoli**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Remove pan from the heat. Transfer **broccoli** to a plate.



6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide the **rice** between bowls, then top with the **stir-fry**. Sprinkle with **peanuts** and **remaining green onions**.

Dinner Solved!