



Bulgogi Mushroom and Tenderstem® Stir-Fry with Zesty Rice and Crushed Peanuts

21

Classic 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Basmati Rice



Portobello
Mushroom



Lime



Spring Onion



Red Chilli



Salted Peanuts



Tenderstem®
Broccoli



Bulgogi Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, lid, sieve, fine grater and frying pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Portobello Mushroom**	3	4	6
Lime**	½	¾	1
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Salted Peanuts 1)	25g	40g	40g
Tenderstem®	150g	200g	300g
Broccoli**			
Bulgogi Sauce 11)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2250/538	569/136
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	93	24
Sugars (g)	29	7
Protein (g)	15	4
Salt (g)	1.15	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Sauce

- Once the **mushrooms** and **broccoli** are cooked, stir in the **bulgogi sauce** and a squeeze of **lime juice**.
- Simmer until the **sauce** has thickened, 2-3 mins.



Prep the Veg

- While the **rice** cooks, thinly slice the **portobello mushrooms**.
- Zest and halve the **lime** (see ingredients for amount).
- Trim and thinly slice the **spring onion**. Halve the **chilli** lengthways (see ingredients for amount), deseed, then finely chop.
- Roughly chop the **peanuts**. Chop the **Tenderstem®** into thirds.



Zest Things Up

- Once the **rice** has cooked, fluff it up with a fork and stir through the **lime zest**.
- Chop the remaining **lime** into wedges.



Start Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- When hot, add the **mushrooms** and **Tenderstem®** to the pan, then season with **salt** and **pepper**. Fry until golden, stirring occasionally, 6-8 mins. **TIP:** Add a drizzle more oil to the pan if needed.



Serve

- Divide the **rice** between your bowls and top with the **bulgogi veg stir-fry**.
- Sprinkle over the **spring onion**, **peanuts** and **chilli** (careful, it's hot - add less **chilli** if you don't like too much heat).
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!