



Clare's Soy-Butter Mushroom Bowl

with Spring Onion Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Portabello Mushrooms



Spring Onion



Chilli Flakes (Optional)



Baby Spinach Leaves



Coriander



Roasted Peanuts

- Hands-on: **15-25 mins**
- Ready in: **30-40 mins**
- Spicy (optional chilli flakes)

We love a hearty rice bowl! To make things better, this dish is packed with all our veggie favourites, featuring soy butter-glazed portabello mushrooms. It's a deliciously simple and chef-curated recipe (thanks Clare!) that doesn't disappoint.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 4 cloves | 8 cloves |
| water* (for the rice) | 1¼ cups | 2½ cups |
| salt* | ¼ tsp | ½ tsp |
| jasmine rice | 1 packet | 1 packet |
| ginger | 1 knob | 2 knobs |
| portabello mushrooms | 1 packet | 2 packets |
| spring onion | 2 stems | 4 stems |
| soy sauce* | 2 tbs | ¼ cup |
| brown sugar* | 1 tsp | 2 tsp |
| chilli flakes (optional) | pinch | pinch |
| water* (for the sauce) | 1 tbs | 2 tbs |
| butter* | 40g | 80g |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |
| coriander | 1 bunch | 1 bunch |
| roasted peanuts | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2598kJ (620Cal) | 618kJ (147Cal) |
| Protein (g) | 15.9g | 3.8g |
| Fat, total (g) | 29g | 6.9g |
| - saturated (g) | 12.7g | 3g |
| Carbohydrate (g) | 68.8g | 16.4g |
| - sugars (g) | 4.3g | 1g |
| Sodium (mg) | 1241mg | 295mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

Finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the mushrooms

Heat a large frying pan over a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **mushrooms**, turning occasionally until softened, **5-7 minutes**. Reduce the heat to medium, then add the **soy sauce mixture** and cook, tossing, until well coated, **3-4 minutes**. Remove from the heat, then stir in the **baby spinach leaves** until just wilted, **1 minute**.



Get prepped

While the rice is cooking, grate the **ginger**. Remove the stems from the **portabello mushrooms**. Thinly slice the **spring onion**.



Finish the rice

Stir the **spring onion** through the **rice**. Roughly chop the **coriander**.

TIP: Add less spring onion to the rice if you're not a fan!



Make the sauce

In a small bowl, combine the **ginger**, **soy sauce**, **brown sugar**, **chilli flakes** (if using), **water (for the sauce)** and the remaining **garlic**. Season generously with **pepper**. Set aside.



Serve up

Divide the spring onion rice between bowls. Top with the soy-butter mushrooms. Sprinkle over the **roasted peanuts**. Garnish with the coriander.

Enjoy!