



JAN
2017

Hoisin Stir-Fry

with Brown Rice, Sugar Snap Peas and Ginger

We get this stir-fry off to a flavourful start with the aromatic trifecta of ginger, onion, and garlic. And although it's got all the traditional veggies you'd expect to find, there's also some eggplant tossed in there for a new twist.



Prep
35 min



level 1



veggie



Brown Rice



Yellow Bell Pepper



Red Onion



Green Onion



Ginger



Garlic



Peanuts



Sugar Snap Peas



Lime



Long Red Chili



Cornstarch



Eggplant



Hoisin-Soy Sauce
Blend



Cilantro

Ingredients

	2 People
Brown Rice	1 pkg (170 g)
Yellow Bell Pepper	1
Red Onion, diced	1 pkg (113 g)
Green Onion	2
Ginger	30 g
Garlic	1 pkg (10 g)
Peanuts, roasted	1 pkg (28 g)
Sugar Snap Peas, trimmed	1 pkg (227 g)
Lime	1
Long Red Chili 	1
Cornstarch	1 pkg (1 tbsp)
Eggplant	1
Stir-Fry Sauce	1 pkg (3 tbsp)
Cilantro	1 pkg (14 g)
Olive or Canola Oil*	

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sesame/Sésame
- 4) Peanuts/Cacahuètes

Tools

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

Ruler

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Nutrition per person Calories: 634 cal | Fat: 15 g | Protein: 17 g | Carbs: 112 g | Fibre: 14 g | Sodium: 645 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Bring **1¼ cups salted water** in a medium pot to a boil. **Wash and dry all produce.** Core and thinly slice the **bell pepper**. Thinly slice the **green onions**. Peel, then mince **1 tbsp ginger**. Mince or grate the **garlic**. Finely chop the **cilantro**. Zest, then cut the **lime** into wedges. Finely chop the **chili**, removing the seeds if you prefer less heat.

2



2 Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 23-25 min.

5



3 Cook the eggplant: Meanwhile, cut the **eggplant** into 1-inch cubes, then toss in medium bowl with the **cornstarch**. Season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**. Working in batches (so you don't crowd the pan), cook the **eggplant**, until softened and browned on all sides, 5-7 min. Transfer to a plate.

5



4 Start the stir-fry: Add another drizzle of **oil** in the same pan. Reduce the heat to medium. Add the **onions, garlic, green onions, ginger**, and as much **chili** as you like. Cook, stirring, for 2-3 min.

5 Add the **sugar snap peas and bell peppers**. Cook, until tender-crisp, 2-3 min. Stir in the **eggplant, half the cilantro, stir-fry sauce, 1 tbsp water** and a squeeze of a **lime wedge**. Stir until heated through, 1 min. Season with **salt and pepper**.

6 Finish and serve: Serve the **hoisin stir-fry** on a bed of **brown rice**. Sprinkle with **peanuts, remaining cilantro, lime zest** and squeeze over another **lime wedge**, if desired. Enjoy!

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