



More Than Food
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Japanese Mushroom Rice with Bok Choy and Cashews

The authentic Japanese ingredients in this simple recipe will take your taste buds on a delicious adventure. Beautiful puffs of enoki mushrooms sautéed in mirin give this dish sweet, earthy flavours. Combined with aromatic rice, stir-fried bok choy and crunchy cashew nuts, you will definitely be going back for more!



30 mins



vegan



2.5 of your
5 a day



veggie



Basmati Rice (175g)



Star Anise
(1)



Water (350ml)



Bok Choy
(1 pack)



Chestnut Mushrooms
(1 punnet)



Enoki Mushrooms
(1 pack)



Spring Onion,
(3)



Coriander
(1 bunch)



Lime
(½)



Garlic Clove
(1)



Cashew Nuts
(25g)



Mirin
(1 tbsp)



Soy Sauce
(1½ tbsp)

2 PEOPLE INGREDIENTS

- Basmati Rice
- Star Anise
- Water
- Bok Choy
- Chestnut Mushrooms, quartered
- Enoki Mushrooms
- Spring Onion, sliced

175g

1

350ml

1 pack

1 punnet

1 pack

3

- Coriander, chopped

1 bunch

- Lime

½

- Garlic Clove, grated

1

- Cashew Nuts

25g

- Mirin

1 tbsp

- Soy Sauce

1½ tbsp

🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

Mirin is a sweetened saké (rice wine) - an essential condiment in Japanese cuisine.

Allergens: Nut, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	362 kcal / 1528 kJ	7 g	1 g	62 g	3 g	11 g	1 g
Per 100g	79 kcal / 335 kJ	1 g	0 g	14 g	1 g	2 g	0 g

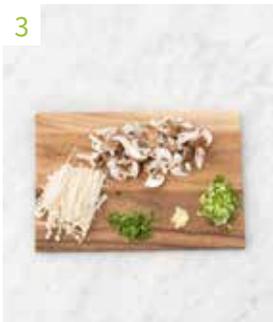
Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

2



1 Pop the **basmati rice** and **star anise** in a pot with a good pinch of **salt**. Pour in the **water** (amount specified in the ingredient list) and put the pot on high heat. When boiling, reduce the heat to medium, pop on a lid and leave to cook for 10 mins. After 10 mins, remove the pot from the heat and leave to one side for another 10 mins (with the lid on). Your **rice** will finish cooking in its own steam.

3



2 While the rice cooks prep all of your **veggies**. Remove the root from the **bok choy** and separate the leaves. Pop them in a colander and rinse under cold water. Keep to one side.

3 Next, quarter the **chestnut mushrooms**, remove the very bottoms off the **enoki mushrooms** and separate them into small bunches (see picture). Remove the root from the **spring onion** and then slice as thinly as you can. Roughly chop the **coriander**. Peel and grate the **garlic** (or use a garlic press if you have one). Zest and juice the **lime**.

5



4 Heat a frying pan on medium heat and add the **cashew nuts**. Dry-fry for 2-3 mins, stirring frequently until your **cashews** have browned nicely. Remove from your pan and keep to one side.

5 Wipe out your pan with kitchen paper and put back on high heat. Add a glug of **oil** and fry your **chestnut mushrooms** for 4-5 mins, until nicely browned. Add your **enoki mushrooms** and half your **garlic** and cook for 1 minute more. Pour in the **mirin** and stir, then remove your pan from the heat. Transfer your **mushrooms mixture** to a bowl. Wipe your pan with kitchen paper again, we will use it for the bok choy later.

6



6 Do any washing up if your rice needs a few more mins to finish cooking. When your rice is ready you can finish off your dish! Pop your frying pan back on high heat and add a splash of **oil**. Carefully add your **bok choy** and stir-fry for 2 mins until the leaves wilt. Add your remaining **garlic** and cook for 1 minute more before pouring in the **soy sauce**. Remove from the heat and stir well, making sure your **bok choy** gets a good coating of **soy sauce**.

7 Remove your **star anise** and fluff up your **rice** with a fork. Stir your **mushroom mixture**, **spring onion** and **coriander** into your **rice**. Add a pinch of **lime zest** and a dash of **lime juice**. Mix well and check the seasoning, add more **salt** if necessary.

8 Spoon your **mushroom rice** into deep bowls and top with your **bok choy**. Drizzle over any remaining **soy sauce** and finish with a sprinkling of **cashews**! Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!