



Everything  
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK08  
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Vegetarian Gong Bao

We are busy celebrating Chinese New Year here in HF HQ and to get in the spirit we have created this great Chinese dish to share with you all. This year celebrates the year of the Sheep in Chinese astrology – what animal are you? Will you have good fortune this year?



20 min



level 1



veggie



gluten  
free



Rice



Garlic



Ginger



Spring Onions



Button Mushrooms



Cashew Nuts



Bok Choy



Chilli

2P	4P	Ingredients
150 g	300 g	rice
1	2	chilli, diced ⊕
2	4	garlic cloves, peeled & crushed
1 knob	2 knobs	ginger, peeled & finely chopped ⊕
1 bunch	2 bunches	spring onions, roughly chopped
2 tbs	4 tbs	soy sauce*
2 tbs	4 tbs	rice vinegar (or white vinegar)*
2 tsp	4 tsp	caster sugar*
3 tbs	6 tbs	vegetable oil*
250 g	500 g	button mushrooms, sliced
25 g	50 g	cashew nuts
1 bunch	2 bunches	bok choy, roughly chopped

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1980	Kj
Protein	13	g
Fat, total	34	g
-saturated	2.6	g
Carbohydrate	26.2	g
-sugars	8.7	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.



**2** Remove the seeds from the **chilli** (or leave them in if you like it hot!) and then combine with the **garlic**, **ginger**, and **spring onion**. Whisk together the **soy sauce**, **vinegar**, and **caster sugar**.



**3** Heat the **vegetable oil** in a wok or large frying pan to a high temperature. Add the **mushrooms** and fry for about **30-60 seconds** until glossy. Remove with a slotted spoon and set aside.



**4** Return the wok to the heat and add the chilli, garlic, ginger, and spring onions. Return the mushrooms and the sauce to the wok and cook for a further **minute**, then stir in the **cashews** and remove from the heat. Remove the gong bao from the pan and then throw the **bok choy** into the pan, cooking for **1-2 minutes** or until it's just cooked but still crisp!

**5** Divide the rice between bowls and serve the gong bao on top with a side of the bok choy.