



Beyond Meat® with Rich Veggie Gravy

with Buttery Jasmine Rice

Veggie 25 Minutes



Beyond Meat®

4 | 8

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Beyond Meat®
2 | 4



Jasmine Rice
¾ cup | 1 ½ cups



Crispy Shallots
28 g | 56 g



Mushrooms
113 g | 227 g



Onion, chopped
56 g | 113 g



Vegetable Stock Powder
1 tbsp | 2 tbsp



Green Onion
2 | 4



All-Purpose Flour
1 tbsp | 2 tbsp



Garlic, cloves
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Plant-based butter, oil, salt, pepper

Cooking utensils | Measuring spoons, aluminum foil, medium pot, measuring cups, large non-stick pan

1



Cook rice

• Before starting, wash and dry all produce.

- Heat a medium pot over medium heat.
- Meanwhile, peel, then mince **garlic**.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **garlic** and **rice**. Cook, stirring often, until **rice** is toasted, 2-3 min.
- Add **1** $\frac{1}{4}$ **cups** (2 $\frac{1}{2}$ **cups**) **water** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ **tsp**) **salt** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **mushrooms**.
- Thinly slice **green onions**.

3



Cook Beyond Meat® patties

×2 Double | Beyond Meat®

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **Beyond Meat® patties**.
- Cook, flipping once until crispy, 5-6 min. **
Season with **salt** and **pepper**.
- Transfer **patties** to a plate. Cover with foil to keep warm.
- Carefully wipe out the pan.

4



Cook mushrooms

- Heat the same pan over medium-high heat.
- When the pan is hot, add **1** **tbsp** (2 **tbsp**) **oil**, then **mushrooms** and **onions**.
- Cook, stirring occasionally, until softened, 5-6 min.

5



Make gravy

- Sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** are coated, 1-2 min.
- Add **1** $\frac{1}{4}$ **cups** (2 $\frac{1}{2}$ **cups**) **water** and **vegetable stock powder** to the pan. Cook, stirring often, until **gravy** thickens, 4-5 min.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **1** **tbsp** (2 **tbsp**) **plant-based butter** and **half the green onions**. Season with **salt** and **pepper**.
- Divide **rice** between bowls, then top with **patties** and **mushroom gravy**.
- Sprinkle **crispy shallots** and **remaining green onions** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Cook Beyond Meat® patties

×2 Double | Beyond Meat®

If you've opted for **double Beyond Meat®**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of Beyond Meat®**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.