



Veggie Gyoza & Korean Baby Broccoli

with Garlic Rice & Sriracha Mayo

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Celery



Baby Broccoli



Korean Stir-Fry Sauce



Vegetable Gyozas



Plant-Based Mayo



Sriracha



Soy Sauce Mix



Vegetable Gyozas

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

Close your eyes because we have a surprise for you. We'll give you a hint, they're beloved little pockets of deliciousness and you can never have just one, we tried and it's not possible. In a sriracha mayo it's even harder to hold yourself back. You know what they are, dumplings!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
celery	1 stalk	2 stalks
baby broccoli	½ medium bunch	1 medium bunch
Korean stir-fry sauce	½ medium packet	1 medium packet
vegetable gyozas	1 packet	2 packets
water* (for the gyozas)	¼ cup	½ cup
plant-based mayo	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
soy sauce mix	1 medium packet	1 large packet
vegetable gyozas**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3612kJ (863Cal)	690kJ (165Cal)
Protein (g)	29.8g	5.7g
Fat, total (g)	30.5g	5.8g
- saturated (g)	8.1g	1.5g
Carbohydrate (g)	126.1g	24.1g
- sugars (g)	21.5g	4.1g
Sodium (mg)	2449mg	468mg
Dietary Fibre (g)	9.6g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4672kJ (1117Cal)	721kJ (172Cal)
Protein (g)	48.8g	7.5g
Fat, total (g)	38g	5.9g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	166.3g	25.7g
- sugars (g)	26.1g	4g
Sodium (mg)	2859mg	441mg
Dietary fibre	11.3g	1.7g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

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

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

4



Cook the gyozas

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **vegetable gyozas**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the gyozas)** (watch out, it may spatter!) and cover with a lid (or foil).
- Cook until the water has evaporated and gyozas are tender and softened, **4-5 minutes**.

TIP: Cook in batches if your pan is getting crowded.

Custom Recipe: If you've doubled your vegetable gyozas, cook in batches for best results.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Thinly slice **celery**. Cut **baby broccoli** (see **ingredients**) in half.

3



Cook the veggies

- When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add **baby broccoli** and cook until tender, **5-6 minutes**. In the **last minute** of cook time, add the remaining **garlic** and cook until fragrant.
- Add **Korean stir-fry sauce** (see **ingredients**) and a splash of **water** and cook until fragrant, **1 minute**.
- Transfer to a bowl and cover to keep warm.

5



Make the sriracha mayo

- Meanwhile, combine **plant-based mayo** and **sriracha** in a small bowl. Season to taste.

6



Serve up

- Divide garlic rice between bowls.
- Top with Korean-style veggies and vegetable gyozas.
- Drizzle over sriracha mayo and serve with **soy sauce mix**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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