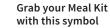


Veggie Gyoza & Korean Baby Broccoli with Garlic Rice & Sriracha Mayo

EXPLORER













Carrot





Baby Broccoli









Plant-Based

Vegetable Gyozas





Soy Sauce



Vegetable Gyozas



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



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!

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

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	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)	1/4 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.



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!



Get prepped

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



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.



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.



Make the sriracha mayo

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



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!

