



Veggie Gyozas & Sesame Potato Fries

with Asian Slaw & Japanese Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Mixed Sesame Seeds



Asian Slaw Mix



Baby Leaves



Japanese Dressing



Soy Sauce Mix



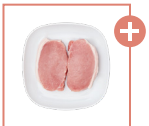
Plant-Based Mayo



Vegetable Gyozas



Chicken Breast



Pork Loin Steak

Prep in: 15-25 mins
Ready in: 25-35 mins

Plant Based

Gyozas have so much variety to them that deciding on one is tricky. Let's kick things off with these veggie-loaded parcels that are folded into delicate little presents. A Japanese dressing will hit the spot as a saucy accompaniment.

Pantry items

Olive Oil, Sesame Oil, Vinegar (White Wine or Rice Wine), Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
Asian slaw mix	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
Japanese dressing	1 packet	2 packets
soy sauce mix	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
plant-based mayo	1 medium packet	1 large packet
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2802kJ (670Cal)	573kJ (137Cal)
Protein (g)	26.5g	5.4g
Fat, total (g)	28.3g	5.8g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	89.1g	18.2g
- sugars (g)	33.5g	6.8g
Sodium (mg)	1661mg	339mg
Dietary Fibre (g)	8.4g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Season with **salt**, drizzle with **olive oil**, sprinkle over **mixed sesame seeds** and toss to coat.
- Bake until tender, **20-25 minutes**.



Make the slaw

- In a medium bowl, combine **Asian slaw mix**, **baby leaves**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.
- In a small bowl, combine **Japanese dressing**, **soy sauce mix** and the **brown sugar**.



Cook the gyoza

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **vegetable gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water** (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**.



Serve up

- Divide sesame potato fries, veggie gyozas and Asian slaw between plates.
- Drizzle Japanese sauce over the gyozas. Dollop with **plant-based mayo** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut chicken horizontally into steaks. Cook until cooked through, 3-6 minutes each side.

+ ADD PORK LOIN STEAK

Cook until cooked through, 3-4 minutes each side. Rest before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

