



# Veggie Gyozas & Sesame Potato Fries

with Asian Slaw & Japanese Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Mixed Sesame Seeds



Vegetable Gyozas



Asian Slaw Mix



Baby Leaves



Japanese Dressing



Soy Sauce Mix



Plant-Based Mayo



Chicken Breast



Diced Bacon

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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2802kJ (670cal)	351kJ (84cal)
Protein (g)	26.5g	3.3g
Fat, total (g)	28.3g	3.5g
- saturated (g)	3.7g	0.5g
Carbohydrate (g)	89.1g	11.2g
- sugars (g)	33.5g	4.2g
Sodium (mg)	1661mg	208.1mg
Dietary Fibre (g)	8.4g	1.1g

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](https://www.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

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## 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**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## 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 gyozas

- 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 gyozas**, 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 a lid (or foil).
- Cook until the water has evaporated and gyozas 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. Follow method above, cooking for 3-6 minutes each side.

### + ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over fries to serve.

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

