



Veggie Gyoza & Plant-Based Mayo

with Sesame Potatoes & Japanese Salad

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Sesame Seeds



Tomato



Cucumber



Ginger Paste



Soy Sauce Mix



Plant-Based Mayo



Vegetable Gyozas



Mixed Salad Leaves



Japanese Dressing



Chicken Breast



Diced Bacon

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

Calorie Smart

Plant Based

Who doesn't love a dumpling? These little veggie-packed parcels of joy will put a smile on any face, especially with a drizzle of creamy ginger-soy mayo. Served alongside sesame-crusted potatoes and a refreshing salad, we can't wait to dig in!

Pantry items

Olive Oil, 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
sesame seeds	1 medium sachet	1 large sachet
tomato	1	2
cucumber	½	1
ginger paste	1 medium packet	1 large packet
soy sauce mix	½ medium packet	1 medium packet
plant-based mayo	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup
mixed salad leaves	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604cal)	233kJ (56cal)
Protein (g)	27.2g	2.5g
Fat, total (g)	20.4g	1.9g
- saturated (g)	2.5g	0.2g
Carbohydrate (g)	89.3g	8.2g
- sugars (g)	32.8g	3g
Sodium (mg)	1292mg	119.2mg
Dietary Fibre (g)	8g	0.7g

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 Roast the sesame potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into small chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, then add **sesame seeds**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the potato chunks between two trays.



2 Get prepped

- Meanwhile, cut **tomato** into thin wedges.
- Thinly slice **cucumber (see ingredients)** into half-moons.



3 Make the gyoza sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **ginger paste** until fragrant, **1 minute**. Transfer to a small bowl.
- Add **soy sauce mix (see ingredients)**, **plant-based mayo** and the **brown sugar** to ginger oil mixture and stir to combine.



4 Cook the gyoza

- Return frying pan 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** (watch out, it may spatter!) and cover tightly with a lid (or foil).
- Cook until water has evaporated and gyozas are tender and softened, **4-5 minutes**.



5 Make the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **tomato**, **cucumber**, **Japanese dressing** and a drizzle of **olive oil**.
- Season with **salt** and **pepper**.



6 Serve up

- Divide sesame potatoes and Japanese salad between bowls.
- Top with veggie gyozas.
- Spoon creamy ginger-soy mayo over gyozas to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD DICED BACON

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

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

