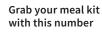


# Veggie Gyozas & Sesame Potato Fries with Asian Slaw & Japanese Sauce

CLIMATE SUPERSTAR







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

**Plant Based** 

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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.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup
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
* Damtur / Itama		

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (570cal)	570kJ (117cal)
Protein (g)	26.5g	5.4g
Fat, total (g)	27.7g	5.7g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	88.6g	18.2g
- sugars (g)	18.3g	3.8g
Sodium (mg)	1655mg	339.8mg
Dietary Fibre (g)	9.5g	2g

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 | CW51



## 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

**CUSTOM** 

**OPTIONS** 

• In a medium bowl, combine Asian slaw mix, baby leaves, the sesame oil and a drizzle of vinegar. Season to taste.

Cook until cooked through, 3-4 minutes each

• In a small bowl, combine Japanese dressing, soy sauce mix and the brown sugar.

ADD PORK LOIN STEAKS

side. Rest before serving.

#### 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.





# 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!