



# Veggie Gyoza & Plant-Based Mayo

with Sesame Fries & Japanese Mixed Leaf Salad

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Tomato



Spring Onion



Celery



Ginger Paste



Soy Sauce Mix



Vegetable Gyoza



Mixed Salad Leaves



Japanese Style Dressing



Plant-Based Mayonnaise



Vegetable Gyoza

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

Plant Based

If you want a new side to your standard gyoza meal, then look no further. Instead of rice, or noodles or more gyozas, we came up with the brilliant idea to pair your sesame sweet potato fries with your vegetable gyoza tonight. This one could really be the start of a whole new dynamic pairing!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil



## 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

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
sweet potato	2	4
sesame seeds	1 medium packet	1 large packet
tomato	1	2
spring onion	1 stem	2 stems
celery	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
vegetable gyoza	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
mixed salad leaves	1 medium bag	2 medium bags
Japanese style dressing	1 packet	2 packets
plant-based mayonnaise	1 packet (50g)	2 packets (100g)
vegetable gyoza**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2842kJ (679Cal)	556kJ (133Cal)
Protein (g)	14.3g	2.8g
Fat, total (g)	35.2g	6.9g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	75.5g	14.8g
- sugars (g)	21.8g	4.3g
Sodium (mg)	1365mg	267mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3903kJ (933Cal)	614kJ (147Cal)
Protein (g)	20.7g	3.3g
Fat, total (g)	42.7g	6.7g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	115.7g	18.2g
- sugars (g)	26.4g	4.2g
Sodium (mg)	1775mg	279mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Bake the fries

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

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

4



## Cook the gyoza

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When 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 splatter!) and cover tightly with foil or a lid.
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**.

**Custom Recipe:** If you've doubled your vegetable gyoza, cook gyoza in batches for the best results.

2



## Get prepped

- Meanwhile, slice **tomato** into wedges.
- Thinly slice **spring onion**.
- Finely chop **celery**.

5



## Make the salad

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

3



## Make the gyoza sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **ginger paste** and **spring onion**, until fragrant, **1 minute**. Transfer to a small bowl.
- Add **soy sauce mix** to ginger oil mixture and stir to combine.

6



## Serve up

- Divide sesame fries, vegetable gyoza and Japanese mixed leaf salad between plates.
- Spoon gyoza sauce over gyoza.
- Serve with **plant-based mayonnaise**. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)