



Veggie Gyozas & Plant-Based Mayo

with Sesame Fries & Japanese Mixed Leaf Salad

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Tomato



Spring Onion



Celery



Ginger Paste



Soy Sauce Mix



Vegetable Gyozas



Mixed Salad Leaves



Japanese Style Dressing



Plant-Based Mayonnaise



Vegetable Gyozas

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 gyozas 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, Brown Sugar

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
olive oil*	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
brown sugar*	½ tsp	1 tsp
vegetable gyozas	1 packet	2 packets
water*	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 gyozas**	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 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 the fries between two trays.

4



Cook the gyozas

- 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 foil or a lid.
- Cook until the water has evaporated and gyozas are tender and softened, **4-5 minutes**.

Custom Recipe: If you've doubled your vegetable gyozas, cook gyozas 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** and the **brown sugar** to ginger oil mixture and stir to combine.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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