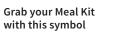


CLIMATE SUPERSTAR











Sweet Potato





Spring Onion



Ginger Paste



Soy Sauce

Vegetable Gyozas



Mixed Salad

Leaves

Japanese Style Dressing



Plant-Based Mayonnaise



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 sesame sweet potato chunks with your vegetable gyoza tonight. This one could really be the start of a whole new dynamic pairing!



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

Ingredients

9			
	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 sachet	2 sachets	
brown sugar*	½ tsp	1 tsp	
vegetable gyozas	1 packet	2 packets	
water*	1/4 cup	½ cup	
mixed salad leaves	1 medium bag	2 medium bags	
Japanese style dressing	1 packet	2 packets	
plant-based	1 packet	2 packets	
mayonnaise	(50g)	(100g)	
vegetable gyozas**	1 packet	2 packets	
*D			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2932kJ (701Cal)	517kJ (124Cal)
Protein (g)	15.7g	2.8g
Fat, total (g)	35.4g	6.2g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	79.3g	14g
- sugars (g)	23g	4.1g
Sodium (mg)	1338mg	236mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3992kJ (954Cal)	576kJ (138Cal)
Protein (g)	22.2g	3.2g
Fat, total (g)	42.9g	6.2g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	119.5g	17.3g
- sugars (g)	27.6g	4g
Sodium (mg)	1749mg	253mg

The quantities provided above are averages only.

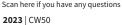
Allergens

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





Bake the sweet potato chunks

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into small chunks.
- Place **sweet potato** 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 sweet potato chunks between two trays.



Get prepped

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



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.



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 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 gyoza, cook gyozas in batches for the best results.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

