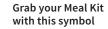


Oyster Sauce Chicken & Vegetable Gyoza Bento with Garlic Rice, Cucumber Sesame Salad & Japanese Dressing

TASTE TOURS











Pea Pods

Cucumber





Oyster Sauce

Vegetable Gyozas



Chicken Tenderloins



Sesame Dressing

Japanese Style





Pickled Ginger

Sesame Seeds



Prep in: 30-40 mins Ready in: 35-45 mins

Eat Me Early

This bento inspired meal combines our favourite Japanese delights. We've got oyster sauce laced chicken tenders, our favo veggie gyozas and fluffy garlic rice to tie it all together. Now close your eyes and let us transport you to Japan!



Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan with a lid

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	20g	40g	
garlic paste	1 packet	2 packets	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
pea pods	1 small bag	1 medium bag	
cucumber	1	2	
oyster sauce	1 medium packet	1 large packet	
brown sugar*	½ tbs	1 tbs	
vegetable gyozas	1 packet	2 packets	
water* (for the gyozas)	1⁄4 cup	½ cup	
chicken tenderloins	1 small packet	2 small packets OR 1 large packet	
mixed salad leaves	1 small bag	1 medium bag	
sesame dressing	1 medium packet	2 medium packets	
Japanese style dressing	1 packet	2 packets	
pickled ginger	1 packet	2 packets	
sesame seeds	1 medium sachet	1 large sachet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4242kJ (1014Cal)	705kJ (168Cal)
Protein (g)	53.8g	8.9g
Fat, total (g)	31.2g	5.2g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	127.3g	21.2g
- sugars (g)	26.1g	4.3g
Sodium (mg)	1886mg	313mg

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.



Cook the rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes.
 Add the water (for the rice) and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed. 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Get prepped

- Meanwhile, trim and roughly chop **pea pods**.
- · Thinly slice cucumber into rounds.
- In a small bowl, combine **oyster sauce**, the **brown sugar** and a splash of **water**.



Cook the gyozas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- 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 (for the gyozas) (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and gyozas are tender and softened, 4-5 minutes. Transfer to a serving plate and cover to keep warm.



Cook the chicken

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.
- Remove from heat and add oyster sauce mixture, tossing to coat.

TIP: Chicken is cooked through when it is no longer pink inside.



Toss the salad

 Meanwhile, in a medium bowl, combine mixed salad leaves, cucumber, pea pods and sesame dressing. Season.



Serve up

- Bring everything to the table. Divide garlic rice, oyster sauce chicken and cucumber sesame salad between bowls.
- Serve vegetable gyozas with Japanese style dressing and pickled ginger. Sprinkle sesame seeds over chicken to serve. Enjoy!



