



Veggie Gyozas & Plant-Based Mayo

with Sesame Sweet Potato Chunks & Japanese Mixed Leaf Salad

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Snacking Tomatoes



Spring Onion



Pea Pods



Ginger Paste



Soy Sauce Mix



Plant-Based Mayonnaise



Vegetable Gyozas



Mixed Salad Leaves



Japanese Style Dressing



Chicken Gyozas

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



Plant Based*

*Custom Recipe is not 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!

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 sachet	1 large sachet
snacking tomatoes	½ medium packet	1 medium packet
spring onion	1 stem	2 stems
pea pods	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 medium packet	2 medium packets
plant-based mayonnaise	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup
mixed salad leaves	1 medium packet	2 medium packets
Japanese style dressing	1 medium packet	2 medium packets
chicken gyozas**	1 packet	2 packets

*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
Dietary Fibre (g)	13.2g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	479kJ (114Cal)
Protein (g)	21.8g	3.8g
Fat, total (g)	33.1g	5.8g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	64.2g	11.3g
- sugars (g)	21.5g	3.8g
Sodium (mg)	2324mg	410mg
Dietary Fibre	13.4g	2.4g

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 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.

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

Custom Recipe: If you've swapped to chicken gyozas, cook gyozas in the same way as above.

2



Get prepped

- Meanwhile, halve **snacking tomatoes** (see **ingredients**).
- Thinly slice **spring onion**.
- Trim and roughly chop **pea pods**.

5



Make the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **snacking tomatoes**, **pea pods**, **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**, **plant based mayonnaise** and the **brown sugar** to ginger oil mixture and stir to combine.

6



Serve up

- Divide sesame sweet potato chunks, vegetable gyozas and Japanese mixed leaf salad between plates.
- Spoon gyoza sauce over gyozas to serve. Enjoy!

Custom Recipe: Divide sesame sweet potato chunks, chicken gyozas and Japanese mixed leaf salad between plates to serve.

Rate your recipe

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