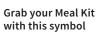


CLIMATE SUPERSTAR









Sweet Potato





Snacking Tomatoes



Spring Onion





Ginger Paste

Pea Pods





Plant-Based Mayonnaise





Vegetable Gyozas



Japanese Style Dressing



Leaves

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!

Olive Oil, Brown Sugar

Pantry items

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 \cdot Large frying pan with a lid (or foil)

Ingredients

ingi ediente				
2 People	4 People			
refer to method	refer to method			
2	4			
1 medium sachet	1 large sachet			
½ medium packet	1 medium packet			
1 stem	2 stems			
1 small packet	1 medium packet			
1 medium packet	1 large packet			
1 medium packet	2 medium packets			
1 medium packet	2 medium packets			
½ tsp	1 tsp			
1 packet	2 packets			
1/4 cup	½ cup			
1 medium packet	2 medium packets			
1 medium packet	2 medium packets			
1 packet	2 packets			
	2 People refer to method 2 1 medium sachet ½ medium packet 1 stem 1 small packet 1 medium packet 1 medium packet 1 medium packet ½ tsp 1 packet ¼ cup 1 medium packet 1 medium packet			

^{*}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





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



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.



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.



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.



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

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate