



Veggie Gyoza & Plant-Based Mayo

with Sesame Fries & Japanese Mixed Leaf Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato Fries



Sesame Seeds



Snacking Tomatoes



Celery



Spring Onion



Ginger Paste



Soy Sauce Mix



Vegetable Gyozas



Mixed Salad Leaves



Japanese Style Dressing



Plant-Based Mayonnaise



Prawn & Chive Wontons

Prep in: 15-25 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 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato fries	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
snacking tomatoes	½ medium packet	1 medium packet
celery	1 medium packet	1 large packet
spring onion	1 stem	2 stems
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 medium packet	2 medium packets
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
plant-based mayonnaise	1 medium packet	2 medium packets
prawn & chive wontons**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2857kJ (683Cal)	519kJ (124Cal)
Protein (g)	14.4g	2.6g
Fat, total (g)	35.1g	6.4g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	75.9g	13.8g
- sugars (g)	20.5g	3.7g
Sodium (mg)	1355mg	246mg
Dietary Fibre (g)	12.4g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2809kJ (671Cal)	510kJ (122Cal)
Protein (g)	19.9g	3.6g
Fat, total (g)	34.7g	6.3g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	68.3g	12.4g
- sugars (g)	18.7g	3.4g
Sodium (mg)	1455mg	264mg
Dietary Fibre	11g	2g

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 fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato fries** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **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.

3



Cook the vegetable gyozas

- When fries have **10 minutes** remaining, 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 swapped to prawn & chive wontons, follow same method. Cook in batches for the best results.

2



Get prepped

- Meanwhile, roughly chop **snacking tomatoes** (see ingredients) and **celery**.
- Thinly slice **spring onion**.
- 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** to ginger oil mixture and stir to combine. Set aside.

4



Toss the salad & serve up

- In a medium bowl, combine **mixed salad leaves**, tomato, celery, **Japanese style dressing** and a drizzle of olive oil. Season.
- 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

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