



Chicken Gyoza & Rice Comfort Bowl

with Pickled Cucumber & Radish Sesame Salad

COSY COMFORTS

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Cucumber



Red Radish



Long Chilli (Optional)



Chicken Gyozas



Soy Sauce Mix



Japanese Style Dressing



Deluxe Salad Mix



Sesame Dressing



Chicken Gyozas



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: 25-35 mins
Ready in: 35-45 mins

This bountiful bowl is brimming with an unforgettable combo of crunchy vegetables, fluffy rice and pillowy chicken gyozas. Why not add a bit of warmth with a scattering of chilli?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	2 medium packets
cucumber	1	2
red radish	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
long chilli (optional)	½	1
chicken gyozas	1 packet	2 packets
water* (for the gyozas)	¼ cup	½ cup
honey*	½ tbs	1 tbs
soy sauce mix	1 medium packet	2 medium packets
Japanese style dressing	1 medium packet	2 medium packets
deluxe salad mix	1 medium packet	1 large packet
sesame 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)	3156kJ (754Cal)	719kJ (172Cal)
Protein (g)	21.4g	4.9g
Fat, total (g)	27.3g	6.2g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	101.7g	23.2g
- sugars (g)	16.5g	3.8g
Sodium (mg)	2464mg	562mg
Dietary Fibre (g)	23.3g	5.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	710kJ (170Cal)
Protein (g)	33.9g	6g
Fat, total (g)	32.6g	5.8g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	126.8g	22.5g
- sugars (g)	19.6g	3.5g
Sodium (mg)	3860mg	685mg
Dietary Fibre	25.3g	4.5g

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.

1



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 **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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

4



Make the dressing

- Meanwhile, in a small bowl, combine the **honey**, **soy sauce mix** and **Japanese style dressing**.

2



Make the pickle

- Meanwhile, thinly slice **cucumber** and **red radish** into rounds.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** and **radish** to **pickling liquid**. Add enough **water** to just cover cucumber. Set aside.
- Thinly slice **long chilli** (if using).

TIP: Slicing the cucumber very thinly helps it pickle faster!

5



Toss the salad

- Drain **pickled cucumber** and **radish**.
- In a second medium bowl, combine **deluxe salad mix**, **pickled cucumber**, **radish** and **sesame dressing**. Season to taste.

3



Cook the chicken gyoza

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, add **chicken gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Carefully add the **water (for the gyoza)**, watch out it may spatter and cover with a lid (or foil).
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**.

Custom Recipe: If you've doubled your chicken gyozas, cook gyozas in batches for best results.

6



Serve up

- Divide rice and salad between bowls. Top rice with chicken gyozas. Drizzle Japanese-style dressing over gyozas.
- Sprinkle over **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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