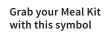


Chicken Gyoza & Rice Comfort Bowl with Pickled Cucumber & Radish Sesame Salad

COSY COMFORTS

TAKEAWAY FAVES

NEW













Cucumber







Long Chilli (Optional)

Chicken Gyozas



Soy Sauce

Japanese Style

Dressing

Deluxe Salad

Sesame Dressing





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?

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 \cdot 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 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)	1/4 cup	½ cup		
long chilli ∮ (optional)	1/2	1		
chicken gyozas	1 packet	2 packets		
water* (for the gyozas)	1/4 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				

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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
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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.



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!



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!



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.



Make the dressing

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



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.



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!

