



Pork Gyoza & Veggie Stir-Fry

with Sesame Ponzu Sauce & Ginger Rice

TAKEAWAY FAVES

Grab your meal kit with this number

29



White Rice



Ginger Paste



Green Beans



Asian Greens



Oyster Sauce



Pork & Chive Gyozas



Soy Sauce Mix



Ponzu



Sesame Dressing



Coriander



Pickled Ginger



Pork & Chive Gyozas



Diced Bacon

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

Cooked in the pan in a matter of minutes, our pork and chive gyoza are perfect for weeknights. In this Japanese-inspired dish, serve them over oyster sauce-tossed greens and zingy rice, then add the finishing touch with a moreish sauce, made with a mix of umami-rich soy, citrusy ponzu and creamy sesame dressing.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
white rice	1 medium packet	1 large packet
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
green beans	1 small packet	1 medium packet
Asian greens	1 bunch	2 bunches
oyster sauce	1 medium packet	1 large packet
pork & chive gyozas	1 packet	2 packets
water* (for the gyozas)	¼ cup	½ cup
soy sauce mix	1 packet	2 packets
ponzu	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
coriander	1 packet	1 packet
pickled ginger	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3207kJ (766Cal)	713kJ (170Cal)
Protein (g)	24.4g	5.4g
Fat, total (g)	26.4g	5.9g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	103.6g	23g
- sugars (g)	15g	3.3g
Sodium (mg)	3641mg	809mg
Dietary Fibre (g)	23g	5.1g

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

2024 | CW26



Cook the ginger rice

- Rinse and drain **white rice**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add **rice**. Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Cook the gyozas

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **pork & chive gyozas**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the gyozas)** (watch out, it may spatter!) and cover with a lid (or foil).
- Cook until the water has evaporated and gyozas are tender and softened, **4-5 minutes**.



Get prepped

- While the rice is cooking, trim and roughly chop **green beans**.
- Roughly chop **Asian greens**.



Make the dipping sauce

- While the gyozas are cooking, combine **soy sauce mix**, **ponzu** and **sesame dressing** in a small bowl.



Cook the veggies

- When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing regularly, until tender, **4-5 minutes**.
- Add **Asian greens** and cook, tossing, until just wilted, **1 minute**.
- Add **oyster sauce** and a splash of **water**, tossing to combine.
- Transfer **veggies** to a bowl. Cover to keep warm.



Serve up

- Divide ginger rice and veggie stir-fry between bowls.
- Top with pork gyozas. Spoon over sesame ponzu sauce.
- Tear over **coriander** and serve with **pickled ginger**. Enjoy!

CUSTOM OPTIONS



DOUBLE PORK & CHIVE GYOZAS

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Cook bacon, breaking up with a spoon, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

