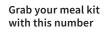


Teriyaki-Laced Pork Gyozas & Rice with Sesame Garlic Veggies

NEW













Broccoli & Carrot



Garlic Paste



Sesame Oil



Blend



Pork & Chive Gyozas



Sesame Seeds



Crispy Shallots





Prep in: 15-25 mins Ready in: 30-40 mins

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
sweetcorn	1 medium tin	1 large tin
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
sesame oil blend	½ packet	1 packet
teriyaki sauce	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
pork & chive gyozas	1 packet	2 packets
water* (for the gyozas)	1/4 cup	½ cup
sesame seeds	1 medium sachet	1 large sachet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3160kJ (755cal)	377kJ (90cal)
Protein (g)	24.5g	2.9g
Fat, total (g)	23.9g	2.9g
- saturated (g)	5.2g	0.6g
Carbohydrate (g)	114.6g	13.7g
- sugars (g)	22.8g	2.7g
Sodium (mg)	2450mg	292.4mg
Dietary Fibre (g)	23.4g	2.8g

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

- · Rinse and drain white rice.
- Add the water (for the rice) to a medium saucepan and bring to the boil.
- Add rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from the 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!



Cook the gyozas

- While veggies are cooking, in a small bowl, combine teriyaki sauce, the soy sauce, brown sugar and a splash of water.
- Return frying pan 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.
- Carefully add the water (for the gyozas), then cover with a lid (watch out, the water may spatter).
- Cook until the water has evaporated and gyozas are tender and softened,
 4-5 minutes. Remove from heat, then add teriyaki mixture, turning gyozas to coat.



Cook the veggies

- Meanwhile, drain sweetcorn.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add broccoli & carrot mix and corn and cook, tossing, until softened,
 5-6 minutes.
- Add garlic paste and sesame oil blend (see ingredients) and cook until fragrant, 1 minute. Transfer to serving bowls, season and cover to keep warm.



Serve up

- Divide rice between bowls with sesame garlic veggies.
- Top rice with teriyaki pork gyozas. Spoon over any remaining glaze from pan.
- Sprinkle with sesame seeds and crispy shallots to serve. Enjoy!



