

# Teriyaki-Laced Pork Gyozas & Rice

with Sesame Garlic Veggies

NEW

Grab your meal kit  
with this number

29



White Rice



Sweetcorn



Broccoli & Carrot  
Mix



Garlic Paste



Sesame Oil  
Blend



Teriyaki Sauce



Pork & Chive  
Gyozas



Sesame Seeds



Crispy Shallots



Pork & Chive  
Gyozas



Trimmed Green  
Beans

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

 Eat Me First

Be prepared for major taste sensation when you dig into this delightful combo of colour and flavour. Sticky teriyaki coated pork and chive gyozas are paired up with a garlicky veggies and served up on a fluffy bed of rice for an unforgettable and speedy meal.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
<b>water*</b> (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
<b>soy sauce*</b>	1 tsp	2 tsp
<b>brown sugar*</b>	1 tsp	2 tsp
pork & chive gyozas	1 packet	2 packets
<b>water*</b> (for the gyozas)	¼ 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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### CUSTOM OPTIONS



#### DOUBLE PORK & CHIVE GYOZAS

Follow method above, cooking in batches if necessary.



#### ADD TRIMMED GREEN BEANS

Cook with veggies until tender, 4-5 minutes.

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

