



# Sticky Chicken Gyoza Corn Rice Bowl

with Sesame Pea Pod Salad & Pickled Ginger

NEW

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29



### Recipe Update

We've replaced the green beans in this recipe with pea pods due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Sweetcorn



White Rice



Pea Pods



Sweet Chilli Sauce



Soy Sauce Mix



Chicken Gyozas



Mixed Salad Leaves



Sesame Dressing



Pickled Ginger



Crispy Shallots



Diced Bacon



Chicken Gyozas

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

This dinner is perfect for those who are craving some Asian-fusion flavours that you can whip together in a flash. Sit back and watch as the sweet chilli mix coats the chicken gyozas perfectly - ready to be served alongside a vibrant salad and bed of fluffy corn-speckled rice.

### 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 (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
white rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
pea pods	1 small packet	1 medium packet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce mix	1 packet	2 packets
chicken gyozas	1 packet	2 packets
<b>water*</b> (for the gyozas)	¼ cup	½ cup
mixed salad leaves	1 small packet	1 medium packet
sesame dressing	1 medium packet	2 medium packets
pickled ginger	1 packet	2 packets
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3008kJ (719cal)	371kJ (89cal)
Protein (g)	20.9g	2.6g
Fat, total (g)	24.7g	3g
- saturated (g)	9.6g	1.2g
Carbohydrate (g)	107.7g	13.3g
- sugars (g)	18g	2.2g
Sodium (mg)	2332mg	287.5mg
Dietary Fibre (g)	23.1g	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.

## We're here to help!

Scan here if you have any questions or concerns

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## Cook the rice

- Drain **sweetcorn**. Rinse and drain **white rice**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Cook **corn** until slightly tender, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Stir in **rice**, 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 water is absorbed, **10 minutes**.



## Cook the gyozas

- When the rice has **10 minutes** remaining, combine **sweet chilli sauce**, **soy sauce mix** and a splash of **water** in a small bowl.
- When the rice has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **chicken 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**. Remove from the heat, then add **sweet chilli mixture**, tossing **gyozas** to coat.

### CUSTOM OPTIONS



#### ADD DICED BACON

Cook with gyozas, breaking up bacon with a spoon, until browned.



#### DOUBLE CHICKEN GYOZAS

Follow method above, cooking in batches if necessary.



## Steam the pea pods

- Trim **pea pods**.
- Add **pea pods** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **pea pods** on high until just tender, **2-4 minutes**.
- Drain **pea pods**, then return to the bowl. Allow to cool.



## Serve up

- To the bowl with pea pods, add **mixed salad leaves** and **sesame dressing**. Toss to coat and season to taste with salt and pepper.
- Divide corn rice between bowls.
- Top rice with sticky chicken gyozas, sesame pea pod salad and **pickled ginger**.
- Spoon over any remaining glaze.
- Sprinkle over **crispy shallots** to serve. Enjoy!

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

