



Pork Gyoza & Egg Fried Rice

with Soy Asian Greens & Crispy Shallots

NEW

Grab your meal kit with this number

29



Jasmine Rice



Garlic



Asian Greens



Green Beans



Pork & Chive Gyozas



Soy Sauce Mix



Sweet Chilli Sauce



Crispy Shallots



Peeled Prawns



Diced Bacon

Prep in: 25-35 mins
Ready in: 25-35 mins

In this easy recipe, you'll be sautéing some fragrant Asian greens, searing some herby pork gyozas and scrambling an egg fried rice, all in one frying pan. We now honour you as the one-pan recipe master!

Pantry items

Olive Oil, Egg, Soy Sauce, Vinegar (White Wine or Rice Wine)

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 · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
Asian greens	1 packet	2 packets
green beans	1 small packet	1 medium packet
pork & chive gyozas	1 packet	2 packets
egg*	1	2
soy sauce mix	2 packets	4 packets
soy sauce*	1 tsp	2 tsp
sweet chilli sauce	1 packet	1 packet
vinegar*		
(white wine or rice wine)	½ tsp	1 tsp
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665cal)	356kJ (85cal)
Protein (g)	28.3g	3.6g
Fat, total (g)	17g	2.2g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	103.3g	13.2g
- sugars (g)	15.3g	2g
Sodium (mg)	2648mg	338.6mg
Dietary Fibre (g)	23.5g	3g

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.

1



Start the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain, rinse with **warm water** and set aside.

3



Cook the gyozas & fried rice

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, add **pork & chive gyozas**, flat-side down, in a single layer. Cook **gyozas** until starting to brown, **1-2 minutes**. Add a splash of **water** (watch out, it may spatter!) and cover with a lid or foil.
- Continue cooking until gyoza are tender and water has evaporated, **4-5 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with drizzle of **olive oil**. Crack the **egg** into the pan with remaining **garlic** and scramble until cooked through, **1 minute**. Add **rice**, **soy sauce mix** and return the **veggies** to the pan and cook, stirring, until warmed through, **1-2 minutes**.

CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



ADD DICED BACON

Before cooking the egg, cook diced bacon, breaking up with a spoon, 4-6 minutes. Continue with recipe.

2



Cook the greens

- Meanwhile, finely chop **garlic**. Roughly chop **Asian greens**. Trim and roughly chop **green beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing regularly, until tender, **3-4 minutes**.
- Add **Asian greens** and half the **garlic** and cook until just wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

4



Serve up

- In a small bowl, combine the **soy sauce**, **sweet chilli sauce** and the **vinegar**.
- Divide egg fried rice between bowls. Top with pork gyoza.
- Drizzle over sweet chilli sauce mixture.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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

