

Pork Gyoza & Egg Fried Rice with Soy Asian Greens & Crispy Shallots

NEW











Asian Greens

Green Beans







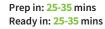
Pork & Chive Gyozas



Crispy Shallots

Sweet Chilli Sauce





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.



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.



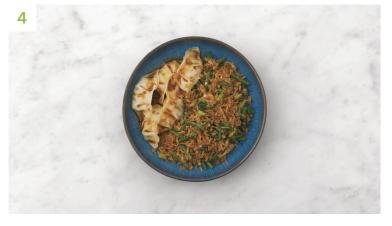
Cook the gyozas & fried rice

- 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.



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.



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!





SWAP TO PEELED PRAWNS

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



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

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

