

Quick Pan-Fried Pork Gyozas & Apple Slaw

with Peanuts & Sriracha Soy Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Apple



Sriracha



Soy Sauce Mix



Garlic Paste



Pork & Chive Gyozas



Coconut Sweet Chilli Mayonnaise



Shredded Cabbage Mix



Baby Spinach Leaves



Crushed Peanuts



Coriander



Chicken Tenderloins



Beef Strips

Prep in: 10-20 mins
Ready in: 15-25 mins

Carb Smart

Who would have thought crispy pork gyozas team delightfully with a bed of bright, crunchy slaw for a textural treat and exciting combo of flavours?! Don't forget a drizzle of sriracha soy sauce and sprinkling of peanuts for a kick of heat and even more crunch.

Pantry items

Olive Oil

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

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
apple	1	2
sriracha	1 packet	2 packets
soy sauce mix	1 packet	2 packets
garlic paste	1 packet	2 packets
pork & chive gyozas	1 packet	2 packets
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2215kJ (529cal)	328kJ (78cal)
Protein (g)	20.9g	3.1g
Fat, total (g)	31.1g	4.6g
- saturated (g)	3.7g	0.5g
Carbohydrate (g)	40.2g	6g
- sugars (g)	15.4g	2.3g
Sodium (mg)	2177mg	322.5mg
Dietary Fibre (g)	8.1g	1.2g

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



Get prepped

- Thinly slice **apple** into wedges.
- SPICY!** Use less sriracha if you're sensitive to heat! In a small bowl, combine **sriracha** and **soy sauce mix**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic paste** until fragrant, **1 minute**. Transfer to a large bowl.

3



Toss the slaw

- Meanwhile, to the garlic oil, add **coconut sweet chilli mayonnaise** and a pinch of **salt** and **pepper**.
- Add **shredded cabbage mix**, **baby spinach leaves** and **apple**. Toss to coat.

2



Cook the gyozas

- Return frying pan 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 until starting to brown, **1-2 minutes**.
- Add a splash of **water** (watch out, it may spatter!) and cover with a lid (or foil). Cook until gyozas are tender and water has evaporated, **4-5 minutes**.

TIP: Cook in batches if your pan is getting crowded.

4



Serve up

- Divide apple slaw between bowls.
- Top with pan-fried pork gyozas. Drizzle over sriracha soy sauce.
- Garnish with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.



ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

