



Golden Veggie Gyozas & Cucumber Salad with Sesame Peanut Dressing

SUMMER SALADS

NEW

Grab your meal kit
with this number

9



Recipe Update

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



Cucumber



Celery



Vegetable Gyoza



Peanut Butter



Sesame Dressing



Mixed Salad Leaves



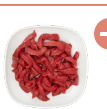
Japanese Style Dressing



Coriander



Chicken Tenderloins



Beef Strips

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart

We are the experts in adding our fave veggie gyozas into every and any meal. In this new fusion dish, add pan-seared golden gyozas to this delectable cucumber salad. It's made even better once you drizzle the sesame peanut dressing over the top.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar, Low Sodium Soy 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

Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
celery	1 medium packet	1 large packet
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
peanut butter	1 packet	2 packets
water* (for the sauce)	⅓ cup	⅔ cups
sesame dressing	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
low sodium soy sauce*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2339kJ (559cal)	692kJ (205cal)
Protein (g)	14.2g	4.2g
Fat, total (g)	33.1g	9.8g
- saturated (g)	4g	1.2g
Carbohydrate (g)	51.2g	15.1g
- sugars (g)	12.9g	3.8g
Sodium (mg)	1029mg	304.4mg
Dietary Fibre (g)	6.5g	1.9g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



Get prepped

- Slice **cucumber** into half-moons.
- Finely chop **celery**.



Make the sauce

- Wipe out frying pan and return to medium-high heat.
- To the pan, add **peanut butter** and the **water (for the sauce)**, whisk until well combined, **1 minute**.
- Remove from heat, and add **sesame dressing**, the **vinegar**, **brown sugar** and **low sodium soy sauce**, stirring to combine.



Cook the veggie gyoza

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **vegetable gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the gyoza)** and cover with a lid or foil (watch out, the water may spatter!).
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



Finish & serve

- In a large bowl, combine cucumber, celery, **mixed salad leaves** and **Japanese style dressing**. Season with salt and pepper.
- Divide cucumber salad between bowls.
- Top with pan fried veggie gyozas and spoon over sesame peanut dressing.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

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



ADD BEEF STRIPS

Cook in batches 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.

