



Pork Gyoza & Veggie Stir-Fry

with Sesame Ponzu Sauce & Ginger Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Green Beans



Asian Greens



Oyster Sauce



Soy Sauce Mix



Ginger Paste



Pork & Chive Gyoza



Ponzu



Sesame Dressing



Pickled Ginger



Pork & Chive Gyoza

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Cooked in the pan in a matter of minutes, our pork and chive gyoza are perfect for weeknights. In this Japanese-inspired dish, serve them over oyster sauce-tossed greens and zingy rice, then add the finishing touch with a moreish sauce, made with a mix of umami-rich soy, citrusy ponzu, and creamy sesame dressing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
Asian greens	1 bunch	2 bunches
oyster sauce	1 packet (50g)	1 packet (100g)
pork & chive gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
soy sauce mix	1 medium packet	2 medium packets
ponzu	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
pickled ginger	1 packet	2 packets
pork & chive gyoza**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	720kJ (172Cal)
Protein (g)	24.3g	5.5g
Fat, total (g)	25.4g	5.7g
- saturated (g)	7.6g	1.7g
Carbohydrate (g)	104.4g	23.5g
- sugars (g)	13.9g	3.1g
Sodium (mg)	3630mg	816mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4056kJ (969Cal)	712kJ (170Cal)
Protein (g)	38.9g	6.8g
Fat, total (g)	29.6g	5.2g
- saturated (g)	8.3g	1.5g
Carbohydrate (g)	129.5g	22.7g
- sugars (g)	17.1g	3g
Sodium (mg)	5025mg	882mg

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.

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2022 | CW40



Cook the ginger rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the gyoza

- Wipe out frying pan and return to a medium-high heat with a generous drizzle of **olive oil**.
- Cook **pork & chive gyoza** until starting to brown, **1-2 minutes**.
- Add the **water (for the gyoza)**, then cover with foil or a lid.
- Cook until water is evaporated and gyoza are tender and heated through, **4-5 minutes**.

TIP: Watch out! The water may spatter.

Custom Recipe: If you've doubled your pork gyoza, cook in batches for best results.



Get prepped

- While the rice is cooking, trim and roughly **chop green beans**.
- Roughly chop **Asian greens**.



Make the dipping sauce

- While the gyoza are cooking, combine **soy sauce mix**, **ponzu** and **sesame dressing** in a small bowl.



Cook the veggies

- When the rice has **15 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and cook, tossing, until just wilted, **1 minute**.
- Add **oyster sauce** and a splash of **water**, tossing to combine.
- Transfer **veggies** to a bowl. Cover to keep warm.



Serve up

- Divide ginger rice and veggie stir-fry between bowls. Top with pork gyoza. Spoon over sesame ponzu sauce.
- Serve with **pickled ginger**. Enjoy!

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