



Veggie Gyoza & Japanese Dipping Sauce

with Sesame Sweet Potato Fries & Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Mixed Sesame Seeds



Pear



Plant-Based Mayonnaise



Vegetable Gyoza



Shredded Cabbage Mix



Coriander



Japanese Style Dressing

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**

Plant Based

From the seared gyoza to the fragrant fries and pear slaw (spiked with soy and plant-based mayo!), there's a lot to love in this Japanese-inspired veggie dish. Bring it all together with a sprinkle of coriander and a side of Japanese-style dipping sauce.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
pear	1	2
plant-based mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
rice wine vinegar*	drizzle	drizzle
vegetable gyoza	1 packet	2 packets
water*	¼ cup	½ cup
shredded cabbage mix	1 medium bag	1 large bag
coriander	1 bag	1 bag
Japanese style dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2932kJ (700Cal)	581kJ (138Cal)
Protein (g)	14.3g	2.8g
Fat, total (g)	33.9g	6.7g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	80.7g	16g
- sugars (g)	26.4g	5.2g
Sodium (mg)	864mg	171mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and sprinkle over the **mixed sesame seeds**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Cook the gyoza & toss the slaw

- When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **vegetable gyoza**, flat-side down, in a single layer, until starting to brown, **1-2 minutes**.
- Add the **water** (watch out, it may spatter!). Cover tightly with foil or a lid. Cook until tender and the water has evaporated, **4-5 minutes**.
- Meanwhile, to bowl with the **mayo-soy dressing**, add the **shredded cabbage mix**, **pear** and a drizzle of **olive oil**. Toss to combine.

2



Get prepped

- Meanwhile, thinly slice **pear** into wedges.
- In a medium bowl, combine **plant-based mayonnaise**, the **soy sauce** and a drizzle of **rice wine vinegar**.

4



Serve up

- Roughly chop **coriander**.
- Divide veggie gyoza, sesame sweet potato fries and slaw between plates.
- Sprinkle with coriander. Serve with **Japanese style dressing** for dipping.

Enjoy!

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