



Veggie Gyoza & Sesame Aioli

with Potato Fries & Japanese Mixed Leaf Salad

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Tomato



Spring Onion



Cucumber



Ginger Paste



Soy Sauce Mix



Vegetable Gyoza



Mixed Salad Leaves



Sesame Seeds



Japanese Dressing



Plant-Based Aioli



Vegetable Gyoza

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

Plant Based

If you want a new side to your standard gyoza meal, then look no further. Instead of rice, or noodles or more gyozas, we came up with the brilliant idea to pair your classic potato fries with your vegetable gyoza tonight. This one could really be the start of a whole new dynamic pairing!

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

Pantry items

Olive Oil

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
potato	2	4
tomato	1	2
spring onion	1	2
cucumber	1	2
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
vegetable gyoza	1 packet	2 packets
water*	¼ cup	½ cup
mixed salad leaves	1 medium bag	1 large bag
sesame seeds	1 medium sachet	1 large sachet
Japanese dressing	1 packet	2 packets
plant-based aioli	1 packet (50g)	2 packets (100g)
vegetable gyoza**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2791kJ (667Cal)	498kJ (119Cal)
Protein (g)	15.8g	2.8g
Fat, total (g)	35g	6.2g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	70.7g	12.6g
- sugars (g)	15.9g	2.8g
Sodium (mg)	1826mg	326mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3851kJ (920Cal)	561kJ (134Cal)
Protein (g)	22.2g	3.2g
Fat, total (g)	42.5g	6.2g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	110.9g	16.2g
- sugars (g)	20.5g	3g
Sodium (mg)	2237mg	326mg

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



Bake the fries

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

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



Cook the gyoza

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

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



Get prepped

- Meanwhile, slice **tomato** into wedges. Thinly slice **spring onion**. Thinly slice **cucumber** into half-moons.



Make the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **sesame seeds**, **tomato**, **cucumber**, **Japanese dressing** and a drizzle of **olive oil**.
- Season with **salt** and **pepper**.



Make the gyoza sauce

- In a large frying pan, heat a drizzle of **olive oil**, over medium-high heat. Add **ginger paste** and **spring onion** and cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **soy sauce mix** to **ginger oil mixture** and combine.



Serve up

- Divide fries, vegetable gyoza and Japanese mixed leaf salad between plates.
- Spoon gyoza sauce over gyoza.
- Serve with **plant-based aioli**. Enjoy!

Rate your recipe

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