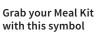


# Vegetable Gyoza & Korean Baby Broccoli with Garlic Rice & Sriracha Mayo

EXPLORER



Jasmine Rice



Carrot

Garlic

Celery





Baby Broccoli

Korean Stir-Fry Sauce



Vegetable Gyozas

Plant-Based Мауо



Sriracha

Soy Sauce Mix

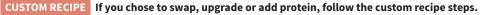


Diced Bacon

Prep in: 20-30 mins Ready in: 30-40 mins Plant-Based\*



Pantry items Olive Oil, Plant-Based Butter



#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid  $\cdot$  Large frying pan with a lid

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
celery	1 stalk	2 stalks
baby broccoli	1/2 medium bunch	1 medium bunch
Korean stir-fry sauce	1/2 medium packet	1 medium packet
vegetable gyozas	1 packet	2 packets
water* (for the gyozas)	1⁄4 cup	½ cup
plant-based mayo	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
soy sauce mix	1 medium packet	1 large packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3593kJ (859Cal)	688kJ (164Cal)
Protein (g)	29.8g	5.7g
Fat, total (g)	30g	5.7g
- saturated (g)	8.1g	1.6g
Carbohydrate (g)	126g	24.1g
- sugars (g)	21.5g	4.1g
Sodium (mg)	2440mg	467mg
Custom Recipe		

#### Per 100g Avg Qty Per Serving 730kJ (174Cal) Energy (kJ) 4178kJ (999Cal) Protein (g) 37.8g 6.6g Fat, total (g) 42.2g 7.4g - saturated (g) 12.5g 2.2g Carbohydrate (g) 126g 22g 21.5g 3.8g - sugars (g) Sodium (mg) 2839mg 496mg

The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/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!

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#### Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- Add the water (for the rice) and a generous pinch of salt to the pan and 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 and 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 gyozas

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

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



#### Get prepped

 Meanwhile, thinly slice carrot into half-moons. Thinly slice celery. Cut baby broccoli (see ingredients) in half.

Make the sriracha mayo

• Meanwhile, combine plant-based mayo and

sriracha in a small bowl. Season to taste.



### Cook the veggies

- When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add baby broccoli and cook until tender,
  5-6 minutes. In the last minute of cook time, add the remaining garlic and cook until fragrant.
- Add Korean stir-fry sauce (see ingredients) and a splash of water and cook until fragrant, 1 minute.
- Transfer to a bowl and cover to keep warm.

**Custom Recipe:** If you've added diced bacon, return the frying pan to medium-high heat with drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes.



#### Serve up

- Divide garlic rice between bowls.
- Top with Korean-style veggies and vegetable gyozas.
- Drizzle over sriracha mayo and serve with **soy sauce mix**. Enjoy!

Custom Recipe: Top with bacon.

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## TIP: Cook