

# Veggie Potstickers & Ginger Wombok Salad

with Sriracha & Crispy Shallots

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



### Recipe Update

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



Tomato



Pear



Vegetable Gyozas



Ginger Lemongrass Paste



Sriracha



Mayonnaise



Shredded Wombok



Mixed Salad Leaves



Crispy Shallots



Vegetable Gyozas



Chicken Tenderloins

Prep in: 15-25 mins  
Ready in: 15-25 mins

 Calorie Smart

Give tasty veggie gyozas some heat with a sriracha-mayo drizzle and you have flavourful potstickers to go with a delicious ginger salad bowl. The salad is so flavourful, you won't even miss the usual rice in this dish.

### Pantry items

Olive Oil, 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 (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
pear	1	2
vegetable gyozas	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
ginger lemongrass paste	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
sriracha	1 packet	2 packets
mayonnaise	1 medium packet	2 medium packets
shredded wombok	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2093kJ (500Cal)	495kJ (118Cal)
Protein (g)	9.8g	2.3g
Fat, total (g)	29.4g	6.9g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	59g	13.9g
- sugars (g)	16.6g	3.9g
Sodium (mg)	1170mg	276mg
Dietary Fibre (g)	6.2g	1.5g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Slice **tomato** into wedges.
- Thinly slice **pear** into wedges.

3



## Make the dressing & assemble the salad

- In a small microwave-safe bowl, combine **ginger lemongrass paste** and a drizzle of **olive oil**. Microwave in **10 second** bursts, until fragrant.
- **SPICY!** Use less sriracha if you're sensitive to heat! Stir in the **soy sauce**, **sriracha** and **mayonnaise**, until combined.
- In a large bowl, combine **shredded wombok**, **mixed salad leaves**, **pear** and **tomato**. Add **soy ginger dressing** and toss to combine.

2



## Cook the potstickers

- Heat a large frying pan over 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** (watch out, it may spatter!) and cover with a lid (or foil).
- Cook until the water has evaporated and gyozas are tender and softened, **4-5 minutes**. Transfer to a plate.

4



## Finish & serve

- Divide ginger wombok salad between bowls.
- Top with veggie potstickers.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



**CUSTOM OPTIONS**



### DOUBLE VEGETABLE GYOZAS

Follow method above, cooking in batches if necessary.



### ADD CHICKEN TENDERLOINS

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

