



Veggie Gyoza Stir-Fry

with Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Carrot



Green Beans



Crushed Peanuts



Ginger Paste



Plant-Based Mayonnaise



Vegetable Gyoza



Japanese Dressing

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

Plant Based

This plant-based stir-fry might sound involved, but thanks to our ready-to-cook veggie gyoza, it comes together with minimal hands-on time. Amp up the Asian-style flavours with zingy ginger and a sesame-infused Japanese dressing.

Pantry items

Olive Oil, Plant Based Butter, Rice Wine Vinegar, Soy Sauce

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
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
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
green beans	1 medium bag	1 large bag
plant-based mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
Japanese dressing	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	712kJ (170Cal)
Protein (g)	18.5g	3.3g
Fat, total (g)	43.1g	7.7g
- saturated (g)	5.5g	1g
Carbohydrate (g)	118.4g	21.2g
- sugars (g)	16.4g	2.9g
Sodium (mg)	972mg	174mg

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

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1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** and a dash of **olive oil** over medium heat.
- Cook 1/2 the **garlic** 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!

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer to a plate.

2



Pickle the cucumber

- While the rice is cooking, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

5



Cook the gyoza

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **vegetable gyoza**, flat-side down, in a single layer, until starting to brown, **1-2 minutes**.
- Add the **water (for the gyoza)**, then cover tightly with foil or a lid. Cook until tender and water is evaporated, **4-5 minutes**.
- Remove pan from heat. Return cooked **gyoza** to pan. Add **Japanese dressing**, gently turning **gyoza** and tossing **veggies** to coat.

TIP: Watch out! The water may spatter.

3



Get prepped

- Slice **carrot** into thin sticks.
- Trim and halve **green beans**.
- In a small bowl, combine **plant-based mayonnaise**, the **soy sauce** and a dash of **water**.

6



Serve up

- Drain pickled cucumber.
- Divide garlic rice and veggie gyoza stir-fry between bowls. Top with pickled cucumber and soy mayo.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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