



# Sweet and Sticky Chicken Gyozas

with Stir-Fried Veg and Jasmine Rice

Limited Edition 25-30 Minutes • 1 of your 5 a day

5



Jasmine Rice



Tenderstem® Broccoli



Garlic Clove



Ketjap Manis



Rice Vinegar



Cornflour



Chicken Gyoza



Sliced Mushrooms



King Prawns

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, measuring jug, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Ketjap Manis <b>11)</b>	50g	75g	100g
Rice Vinegar	30ml	45ml	60ml
Cornflour	10g	15g	20g
Chicken Gyoza** <b>3) 11) 13) 14)</b>	1 pack	1½ packs	2 packs
Sliced Mushrooms*	80g	120g	120g
King Prawns* <b>5)</b>	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>547g</b>	<b>100g</b>	<b>622g</b>	<b>100g</b>
Energy (kJ/kcal)	2327 /556	425 /102	2493 /596	401 /96
Fat (g)	4.7	0.9	5.1	0.8
Sat. Fat (g)	1.2	0.2	1.4	0.2
Carbohydrate (g)	109.9	20.1	109.9	17.7
Sugars (g)	23.8	4.3	23.8	3.8
Protein (g)	16.6	3.0	25.5	4.1
Salt (g)	3.44	0.63	4.46	0.72

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).


## Allergens

**3)** Sesame **5)** Crustaceans **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Cook the Veg

Wipe out the (now empty) pan and pop it back on medium heat with a generous drizzle of **oil**.

Once hot, add the **Tenderstem®** and **mushrooms**. Stir-fry for 7-8 mins until the **veg** is tender.

Next, add the **garlic** and stir-fry for 30 secs.

## CUSTOM RECIPE

If you're adding **prawns**, drain them, then add them to the pan with the **veg**. Stir-fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



## Get Prepped

While the **rice** cooks, cut the **Tenderstem® broccoli** into thirds.

Peel and grate the **garlic** (or use a garlic press).

In a measuring jug, combine the **ketjap manis**, **rice vinegar** and **cornflour**. Mix well until smooth.

Once smooth, stir in the **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts). Season with **salt** and **pepper** and mix until combined. Set your **stir-fry sauce** aside for now.



## Get Saucy

Add your **stir-fry sauce** to the pan and simmer, continuously stirring, until the **sauce** has just thickened, 1 min.

Remove from the heat. Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if the **sauce** needs loosening a little.

Gently stir your **gyozas** through the **sauce** until coated.

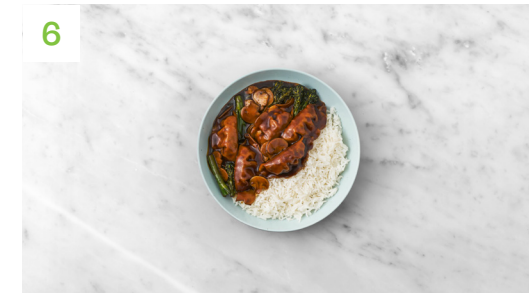


## Fry the Gyoza

Heat a drizzle of **oil** in a large frying pan on low heat. Once hot, add the **gyozas** and fry until golden, 3 mins.

Add **4 tbsps** of **water** to the pan and cover with a lid (or foil). Cook until piping hot, 3 mins more.

Transfer to a bowl and cover to keep warm.



## Finish and Serve

Share the **rice** out between your bowls.

Gently spoon over the **stir-fried veg and gyozas**. Drizzle over any remaining **sauce** from the pan.

## Enjoy!