



Bento Style Honey Sriracha Chicken Gyozas

with Pickled Cucumber, Young Pea Pods and Crispy Onions

Family 20-25 Minutes • Mild Spice • 1 of your 5 a day

11



Jasmine Rice



Baby Cucumber



Rice Vinegar



Soy Sauce



Young Pea Pods



Garlic Clove



Chicken Gyozas



Sriracha Sauce



Honey



Crispy Onions



Pronounced gee-oh-zuh, our Bento Style Honey Sriracha Chicken Gyozas are served atop rice with plenty of fresh veg sides in a bento (Japanese for 'lunchbox') inspired dish.

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, rolling pin, bowl, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Baby Cucumber**	1	1½	2
Rice Vinegar	15ml	22.5ml	30ml
Soy Sauce 11) 13)	25ml	37ml	50ml
Young Pea Pods**	80g	150g	150g
Garlic Clove**	2	3	4
Chicken Gyozas** 3) 11) 13) 14)	1 pack	1½ packs	2 packs
Sriracha Sauce	15g	22g	30g
Honey	15g	22g	30g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2792 /6667	541 /129
Fat (g)	22.6	4.4
Sat. Fat (g)	3.7	0.7
Carbohydrate (g)	98.6	19.1
Sugars (g)	16.6	3.2
Protein (g)	17.8	3.4
Salt (g)	4.08	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **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, mollusc, 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.

Contact

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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).



Time for Dumplings

Put the frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **gyozas** and fry until golden on the bottom, 2-3 mins. Don't move the **gyozas** around whilst frying to avoid tearing.

Once golden, remove from the heat, then add **1 tbsp water** to the pan. Pop back on medium-low heat and immediately cover with a lid or some foil.

Cook until the **gyozas** are piping hot, 3-4 mins.

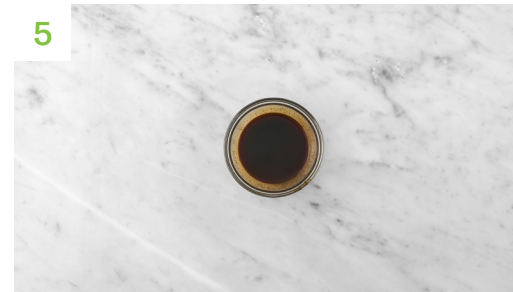
Remove from the heat.



Smack your Cucumber

In the meantime, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a medium bowl, add the **cucumber**, **rice vinegar**, **sugar for the pickle** (see pantry for amount) and **half the soy sauce**. Add a pinch of **salt**, then mix together. Set aside to pickle.



Get Saucy

While the **gyozas** are cooking, in a small bowl, mix the **sriracha**, **honey** and remaining **soy sauce** together.

TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

When the **rice** is ready, pour in the **pickling liquid** from the **cucumber** and fluff it up with a fork.



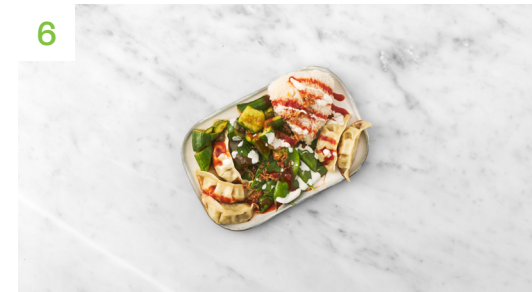
Fry your Pea Pods

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **young pea pods** to the pan and stir-fry until tender, 2-3 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once the **pea pods** are tender, add the **garlic** and stir-fry, 1 min. Season with **salt** and **pepper**.

When cooked, transfer the **pea pods** to a bowl and wipe the pan clean.



Finish and Serve

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

Arrange the **chicken gyozas** over one section of the **rice**. Drizzle your **honey sriracha sauce** and **mayonnaise** (see pantry for amount) over the **gyozas**.

Serve the **smacked cucumber** and **pea pods** over the remaining two sections and sprinkle the **crispy onions** over everything to finish.

Alternatively, serve in everything in separate dishes for a sharing experience!

Enjoy!