



# Bento Style Honey Sriracha Chicken Gyozas

with Pickled Cucumber, Green Beans and Crispy Onions

5

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



Jasmine Rice



Baby Cucumber



Rice Vinegar



Soy Sauce



Green Beans



Garlic Clove



Chicken Gyoza



Sriracha Sauce



Honey



Crispy Onions



King Prawns

### Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

### 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!

**Dish Spotlight:** Bento is a Japanese style packed lunch or dinner, traditionally containing a balance of textures and flavours to eat on the go. Scan the QR code and let us know what you think!





## 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

Kettle, saucepan, sieve, lid, rolling pin, bowl, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Baby Cucumber**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Chicken Gyoza** <b>3) 11) 13) 14)</b>	1 pack	1½ packs	2 packs
Sriracha Sauce	15g	22g	30g
Honey	15g	22g	30g
Crispy Onions <b>13)</b>	1 sachet	1½ sachets	2 sachets
King Prawns* <b>5)</b>	150g	225g	300g
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	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>516g</b>	<b>100g</b>	<b>591g</b>	<b>100g</b>
Energy (kJ/kcal)	2788 / 666	540 / 129	2955 / 706	500 / 120
Fat (g)	22.5	4.4	23.0	3.9
Sat. Fat (g)	3.8	0.7	3.9	0.7
Carbohydrate (g)	98.2	19.0	98.2	16.6
Sugars (g)	16.3	3.2	16.3	2.8
Protein (g)	17.0	3.3	26.0	4.4
Salt (g)	4.19	0.81	5.21	0.88


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, 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.

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## Cook the Rice

- Boil a half-full kettle
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins. Drain in a sieve and pop back in the pan.
- Cover with a lid and leave to the side until ready to serve.



## 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.
- Meanwhile, trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).



## Fry your Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **green beans** to the pan and stir-fry until starting to char, 2-3 mins.
- Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.
- When cooked, transfer the **veg** to a bowl and wipe the pan clean.

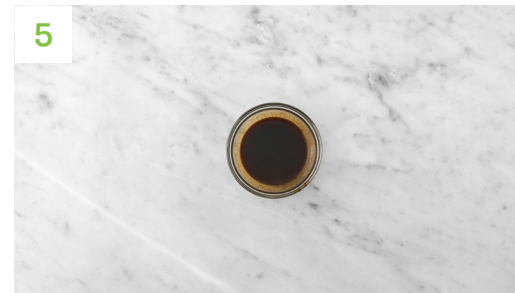
## CUSTOM RECIPE

If you're adding **prawns**, drain them, then add to the pan with the **green beans**. 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.



## Time for Dumplings

- Put the frying pan back on low heat with a drizzle of **oil**.
- Once hot, add the **gyozas** and fry until golden, 3 mins.
- Add **4 tbsp of water** to the pan and cover with a lid (or foil). Cook until piping hot, 3 mins more, then remove from the heat.



## Get Saucy

- While the **gyozas** are cooking, in a small bowl, mix the **sriracha, honey** and remaining **soy sauce** together.
- When the **rice** is ready, pour in the **pickling liquid** from the **cucumber** and fluff it up with a fork.



## Finish and Serve

- Share the **rice** between your serving bowls.
- Arrange the **chicken gyoza** over one section of the **rice**. Drizzle your **honey sriracha sauce** and **mayonnaise** (see pantry for amount) over the **gyoza**.
- Serve the **smacked cucumber** and **green beans** over the remaining two sections and sprinkle the **crispy onions** over everything to finish.

Enjoy!