



Glazed Chicken Gyozas on Sweet Potato Salad with Peanuts and Gochujang Mayo Drizzle

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day

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-  Sweet Potato
-  Carrot
-  Rice Vinegar
-  Gochujang Paste
-  Mayonnaise
-  Chicken Gyoza
-  Honey
-  Iceberg Lettuce
-  Salted Peanuts

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

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

Baking tray, peeler, bowl and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Carrot**	1	2	2
Rice Vinegar	30ml	44ml	60ml
Gochujang Paste 11)	30g	50g	50g
Mayonnaise 8) 9)	64g	96g	128g
Chicken Gyoza** 3) 11) 13) 14)	1 pack	1½ packs	2 packs
Honey	15g	22g	30g
Iceberg Lettuce**	½	1	1
Salted Peanuts 1)	25g	50g	50g

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	2768 /661	515 /123
Fat (g)	24.3	4.5
Sat. Fat (g)	3.7	0.7
Carbohydrate (g)	92.0	17.1
Sugars (g)	35.5	6.6
Protein (g)	17.5	3.3
Salt (g)	3.23	0.60

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

Allergens

1) Peanut **3)** Sesame **8)** Egg **9)** Mustard **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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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 1cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.



Fry the Gyozas

When the **potatoes** have 18 mins left, pop the **gyozas** onto a baking tray and drizzle with **oil**. Toss to coat.

Bake on the middle shelf of your oven until golden, 15-18 mins. Turn halfway through.

Once cooked, drizzle the **honey** over the **gyozas**. Turn to coat.



Ribbon the Carrot

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



All Together Now

Meanwhile, halve the **iceberg lettuce** (see ingredients for amount) and thinly slice.

Crush the **peanuts** in the unopened sachet using a rolling pin.

When everything's ready, add the **roasted sweet potatoes, carrot ribbons** and **lettuce** to the bowl of **dressing** and toss to coat.



Mix Things Up

In a large bowl, combine the **rice vinegar, sugar** and **oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set your **dressing** aside.

In a small bowl, mix together the **gochujang** (use less if you'd prefer things milder) and **mayo**. Set aside.



Serve Up

Share the **salad** between your serving bowls. Drizzle over the **gochujang mayo** and top with the **glazed gyozas**.

Finish by sprinkling over the **peanuts**.

Enjoy!