



Hoisin Chicken Gyozas and Five Spice Fries with Sambal Pear Slaw

5

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Chinese Five Spice



Pear



Lime



Mayonnaise



Sambal Paste



Coleslaw Mix



Chicken Gyoza



Hoisin Sauce



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!

Pronounced gee-oh-zuh, our Hoisin Chicken Gyozas and Five Spice Fries take inspiration from Chinese flavours. Hoisin contains Chinese Five Spice, rice vinegar and red miso which gives it its delicious sweet-umami flavour.



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, bowl, frying pan, lid and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Pear**	1	1½	2
Lime**	1	1½	2
Mayonnaise 8 9	64g	96g	128g
Sambal Paste	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Chicken Gyoza** 3 11 13 14	1 pack	1½ packs	2 packs
Hoisin Sauce 11	60g	90g	120g
Roasted White Sesame Seeds 3	5g	7g	10g
King Prawns** 5	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	612g	100g	687g	100g
Energy (kJ/kcal)	2380 / 569	389 / 93	2547 / 609	371 / 89
Fat (g)	15.7	2.6	16.1	2.4
Sat. Fat (g)	2.1	0.3	2.3	0.3
Carbohydrate (g)	94.2	15.4	94.2	13.7
Sugars (g)	30.2	4.9	30.2	4.4
Protein (g)	15.1	2.5	24.0	3.5
Salt (g)	2.94	0.48	3.95	0.58


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

Allergens

3) Sesame **5**) Crustaceans **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.

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Eyes on the Fries

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray and sprinkle over the **Chinese Five Spice**. 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry the Gyozas

When the **chips** have 10 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **gyozas** and fry until golden on the bottom, 2-3 mins.

Reduce the heat to medium-low, add **1 tbsp water** to the pan and immediately cover with a lid or some foil.

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

+ Add King Prawns

If you're adding **prawns**, drain them, then heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, stir-fry the **prawns**, 4-5 mins. Drizzle over the **hoisin** in the final step. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Time to Prep

Meanwhile, quarter the **pear** lengthways (no need to peel), remove the core and thinly slice lengthways.

Halve the **lime**.



Time for Sauce

While the **gyozas** are cooking, pop a small saucepan on medium heat.

Stir in the **hoisin** and **water for the sauce** (see pantry for amount). Simmer until the **sauce** is piping hot, 2-3 mins.

Remove from the heat and stir in the remaining **lime juice**. Taste and season with **salt** and **pepper** if needed.

Add another splash of **water** if it's a little too thick.



Stir the Slaw

In a medium bowl, combine the **mayonnaise**, **sambal** (add less if you'd prefer things milder) and **half** the **lime juice**. Mix to combine and season with **salt** and **pepper**.

Add the **pear** and **coleslaw mix** to the bowl and stir until evenly coated. Set aside.



Serve

Share the **gyozas** between your plates and spoon over the **hoisin sauce**.

Sprinkle over the **sesame seeds**.

Serve with the **fries** and **slaw** on the side.

Enjoy!