



Crispy Veggie Gyoza Bento Bowl

with Rice, Teriyaki Stir-Fried Mushrooms and Green Beans

Classic 30-35 Minutes • **Mild Spice** • 1 of your 5 a day • Veggie

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Jasmine Rice



Green Beans



Carrot



Rice Vinegar



Vegetable Gyoza



Sliced Mushrooms



Teriyaki Sauce



Hot Sauce



Roasted White Sesame Seeds



Pronounced gee-oh-zuh, our Crispy Veggie Gyoza Bento Bowl bakes the gyozas to turn them crispy and golden on the outside. Our bento (Japanese for 'lunchbox') inspired dish piles gyoza, stir-fried veg and pickled carrot on top of rice before drizzling with sauces to finish.

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, peeler, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Vegetable Gyoza** (11) 13) 14)	1 pack	1½ packs	2 packs
Sliced Mushrooms**	80g	120g	180g
Teriyaki Sauce (11)	75g	120g	150g
Hot Sauce	30g	50g	60g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	540g	100g
Energy (kJ/kcal)	2777 / 664	514 / 123
Fat (g)	18.3	3.4
Sat. Fat (g)	1.9	0.3
Carbohydrate (g)	106.4	19.7
Sugars (g)	23.0	4.3
Protein (g)	15.7	2.9
Salt (g)	3.52	0.65

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

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

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 to Stir-Fry

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **green beans** and **mushrooms**. Stir-fry for 3-4 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.



Get Pickling

Meanwhile, trim the **green beans**, then cut into thirds.

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

In a medium bowl, combine the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Season with **salt**, then add the **carrot**. Mix together well, then set aside to pickle.



Add the Teriyaki

Once the **green beans** and **mushrooms** are cooked, stir in the **teriyaki sauce** until piping hot, 1-2 mins.



Bake the Gyozas

Pop the **gyozas** onto a baking tray and drizzle with **oil**. Toss to coat.

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



Serve Up

Share the **rice** between bowls.

Top with the **gyozas**, **stir-fried veg** and **pickled carrot** in separate sections.

Drizzle the **hot sauce** over the **gyozas**.

Drizzle the **mayonnaise** (see pantry for ingredients) over everything and sprinkle **sesame seeds** over the top to finish.

Enjoy!