

# Sweet Chilli Gyozas and Sweet Potato Wedges with Smacked Sambal Cucumber Salad and Homemade Ponzu Sauce

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



Sweet Potato



Baby Cucumber



Rice Vinegar



Sambal Paste



Lime



Soy Sauce



Vegetable Gyoza



Sweet Chilli Sauce



Baby Leaf Mix



Pronounced gee-oh-zuh, our Sweet Chilli Gyozas and Sweet Potato Wedges bakes the gyozas to turn them crispy and golden on the outside. You'll also make your own ponzu sauce, a Japanese citrus sauce that's great for dipping.

**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

Baking tray, rolling pin, bowl and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Baby Cucumber**	1	2	2
Rice Vinegar	15ml	30ml	30ml
Sambal Paste	15g	30g	30g
Lime**	1	1	2
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Vegetable Gyoza** <b>11) 13) 14)</b>	10	15	20
Sweet Chilli Sauce	48g	80g	96g
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Sauce*	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
<b>for uncooked ingredient</b>	<b>558g</b>	<b>100g</b>
Energy (kJ/kcal)	2546 /609	456 /109
Fat (g)	18.0	3.2
Sat. Fat (g)	1.7	0.3
Carbohydrate (g)	96.0	17.2
Sugars (g)	36.0	6.5
Protein (g)	14.5	2.6
Salt (g)	3.39	0.61

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

## Allergens

**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 Potatoes

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

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** 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, 25-35 mins. Turn halfway through.



### Bake the Gyozas

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.



### Smack the Cucumber

Meanwhile, 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 large bowl, combine the **rice vinegar**, **sambal**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt**.

Add the **smacked cucumber**, toss to coat, then set aside to pickle.



### Finishing Touches

When ready, remove the **gyozas** from the oven and drizzle over the **sweet chilli sauce**. Turn to coat.

Add the **baby leaves** with a drizzle of **oil** to the bowl of **smacked cucumber** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.



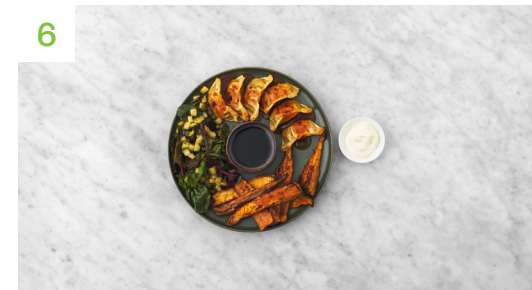
### Mix your Ponzu Sauce

Halve the **lime**.

Pop a small saucepan on medium heat. Add the **soy sauce**, **sugar for the sauce** (see pantry for amount) and **half** the **juice** from the **lime**.

Gently heat, stirring, until the **sugar** has dissolved, 1 min.

Remove from the heat and set your **ponzu sauce** aside.



### Serve Up

Share the **gyozas** between your plates, drizzling over any remaining **sweet chilli sauce** from the tray.

Serve the **sweet potato wedges** and **smacked cucumber salad** alongside. Add a dollop of **mayo** (see pantry for amount).

Serve the **ponzu sauce** in a small dish for dipping.

## Enjoy!