



Cooking Made Easy

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Pan-Fried Shrimp Gyozas with Spring Edamame Succotash



Wonton wrappers make these shrimp gyozas a cinch – just fill, seal, and fry! Juicy shrimp, ginger, and scallion makes for a light and fragrant filling that beats take-out hands down. We've given Southern succotash a Japanese twist for a colorful and healthy side.



45 min



level 3



eat me first



lactose free



nut free



Shrimp



Scallions



Garlic



Ginger



Sesame Seeds



Corn



Edamame



Wonton Wrappers



Soy Sauce



Red Bell Pepper

Ingredients	2 People	4 People
Shrimp	1) 10 oz	20 oz
Scallions	2	4
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Edamame	2) 4 ½ oz	9 oz
Wonton Wrappers	3) 4) 1 pack	2 packs
Soy Sauce	2) 2 T	4 T
Sesame Seeds	1 T	2 T
Red Bell Pepper	1	2
Corn	1 ear	2 ears
Vegetable Oil*	2 T	4 T
Sugar*	1 t	2 t

*Not Included

Allergens

- 1) Shellfish
- 2) Soy
- 3) Wheat
- 4) Eggs

Tools

- Large Bowl, Baking Sheet,
- 2 Small Bowls,
- Large Non-Stick Pan

Ruler

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Nutrition per person Calories: 805 cal | Carbs: 112 g | Fat: 20 g | Protein: 49 g | Fiber: 11 g



1 Preheat oven to 200 degrees. Peel the **ginger** with a spoon and grate or mince it along with the **garlic**. Thinly slice **scallion**, keeping greens and whites separate. Core, seed, and remove white veins from **bell pepper**, then slice into strips. Cut **corn** kernels off the cob. Finely chop the **shrimp**.



2 Make the filling: combine **chopped shrimp**, **half the scallion greens**, **ginger**, and **half the garlic** in a large bowl. Season with a pinch of **salt** and **pepper**.

3 Build the dumplings: Fill a small bowl with **water** and keep to the side. Place a **wonton wrapper** on a dry surface, starchy side-up. Place 1 heaping teaspoon of the **shrimp mixture** slightly off-center on the wonton wrapper. With your finger, wet the edges of the wrapper and fold one corner onto the opposite corner. Press to seal, trying to keep as much air out as possible. Set aside under a damp towel. Repeat until the filling is used up.



4 Heat 1 tablespoon **olive oil** in a large non-stick pan over medium heat. Working in batches, add **dumplings** to the pan. Cook for about 4 minutes per side, until golden brown. Set aside on a baking sheet lined with paper towels and place in the oven to keep warm. **HINT:** If you prefer steamed dumplings over fried, you can steam the dumplings in a steamer basket for about 8-9 minutes for a lighter preparation.



5 In the same pan, heat 1 tablespoon **oil** over medium-high heat. Add the **bell pepper** and cook, tossing, 3-5 minutes or until softened. Add the **corn**, **edamame**, and **scallion whites** and cook about 5 minutes, until vegetables begin to brown. Stir in 1 tablespoon **soy sauce** and **remaining garlic** and cook 30 seconds, until fragrant. Season with **salt** and **pepper**.

6 In a small bowl, combine **sesame seeds**, **remaining scallion greens**, **remaining soy sauce**, and 1 teaspoon **sugar**.

7 Serve **gyozas** alongside **edamame succotash**, with **soy sauce mixture** for dipping.