



Cooking Made Easy

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Beef Gyozas

with Spicy Soy-Glazed Green Beans



Who knew making dumplings at home was this easy? We're flavoring these juicy beef gyozas with fragrant ginger, garlic, and scallion. A side of sweet-and-spicy green beans will have you tossing out those take-out menus for good!



45 min



level 3



nut free



lactose free



Ground Beef



Wonton Wrappers



Ginger



Scallion



Chili Flakes



Soy Sauce



Garlic



Sesame Seeds



Green Beans

Ingredients	2 People	4 People
Ground Beef	8 oz	16 oz
Wonton Wrappers	1) 2)	1 pack
Ginger	1 thumb	2 thumbs
Scallion	2	4
Chili Flakes	1 t	2 t
Soy Sauce	3)	3 T
Garlic	2 cloves	4 cloves
Sesame Seeds	1 T	2 T
Green Beans	6 oz	12 oz
Sugar*	2 T	4 T
Vegetable Oil*	2 T	4 T

*Not Included

Allergens

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

Tools

- Peeler, Medium Bowl,
- 2 Small Bowls,
- 2 Large Pans

Ruler

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Nutrition per person Calories: 815 cal | Carbs: 108 g | Fat: 28 g | Protein: 36 g | Fiber: 8 g



1 Peel the **ginger**, then mince or grate along with 1 clove **garlic**. Trim the **green beans**. Thinly slice the **scallions** and the **remaining garlic**. In a medium bowl, thoroughly combine the **minced garlic, ginger, scallion, ground beef**, and a large pinch of **salt** and **pepper**. Set aside.



2 Fill a small bowl with **water** and keep it near your work station. Working one at a time, spoon 1 teaspoon of the **beef mixture** into the center of each **wonton wrapper**, starchy side-up. Then, wet your finger to dampen the edge of the wonton wrapper. Fold over one corner onto the other; press edge to seal. Make sure to eliminate any air pockets. Repeat until filling is used up. Cover the gyozas with a damp towel and set aside.



3 In a small bowl, mix together 3 tablespoons **soy sauce**, 2 tablespoons **sugar**, and as many **chili flakes** as you dare (we used ¼ teaspoon). Set aside.

4 In a large pan, heat 1 tablespoon **oil** over medium-high heat. Working in batches, cook the **gyozas** for about 1 minute per side, until golden brown. Set aside and repeat. Once all the gyozas are seared, return them to the pan. Reduce the heat to low and *carefully* pour ⅓ cup **water** in the pan. Cover and simmer for about 6 minutes. Uncover and continue cooking for another 2 minutes over medium-high heat to crisp them up.



5 Meanwhile, heat 1 tablespoon **oil** in a large pan over medium heat. Add the **sliced garlic** to pan and cook for 30 seconds, until fragrant. Add the **green beans** and cook, tossing, for 1-2 minutes. Add ⅓ cup **water** to the pan and continue cooking until green beans are crisp-tender and water has evaporated, about 4-5 minutes. Add ⅔ of the **soy mixture** to the pan and cook until syrupy. Set aside, covered, to keep warm.

6 Serve the **gyozas** with a side of **glazed green beans** and **remaining soy mixture**. Sprinkle with **sesame seeds** and enjoy!