



KIDS' SESAME CHICKEN DUMPLINGS

+ Snack: Apple "Nachos" with PB Chocolate Sauce



INGREDIENTS

3 PERSON | 6 PERSON



9 oz | 18 oz
Carrots



1 | 2
Sesame Ginger
Chicken Dumplings
Contains: Sesame,
Soy, Wheat



4 oz | 8 oz
Edamame
Contains: Soy



12 oz | 24 oz
Pineapple



1 | 2
Apple



1 | 2
Granny Smith
Apple



1.15 oz | 2.3 oz
Peanut Butter
Contains: Peanuts



4 tsp | 8 tsp
Honey



3 oz | 6 oz
Semisweet
Chocolate Chips
Contains: Soy

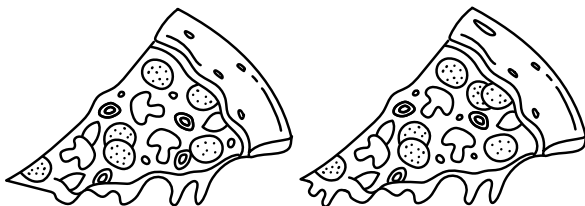


2 TBSP | 4 TBSP
Yogurt
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

SPOT THE 6 DIFFERENCES



LUNCH



SNACK



LUNCH PREP: 5 MIN COOK: 15 MIN | CALORIES: 310 + SNACK COOK: 20 MIN | CALORIES: 370



HELLO FRESH



HELLO

LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

FUTURE FOODIES

Kiddos can help wash fruit and veggies or sprinkle on the chocolate chips. Studies show that kids who help prepare their food are more likely to eat it!



BUST OUT

- Peeler
- Large bowl
- Paper towels
- Plastic wrap
- Small pan
- Kosher salt
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk
- Medium bowl
- Whisk
- Small bowl
- Parchment paper

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1 PREP

- **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and 1/2 inch thick).



2 COOK DUMPLINGS

- Place **dumplings** in a large microwave-safe bowl (be sure to set **dumpling sauce aside; you'll use it in the next step**). Cover dumplings with a damp paper towel; cover bowl with plastic wrap. Microwave until dumplings are steamed and warmed through, 2-3 minutes.
- **STOVETOP:** Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **dumplings**, flat sides down, and cook for 1 minute. (For 6 servings, you may need to work in batches.) Carefully add 1/2 cup **water**; cover and cook until water has evaporated and bottoms are crispy, 4-5 minutes.



3 CHAR EDAMAME

- Heat a **drizzle of oil** in a small pan over medium-high heat. Add **edamame** and cook, stirring occasionally, until golden brown and lightly charred in spots, 4-6 minutes.
- Stir in **dumpling sauce**. Cook until sauce has mostly reduced, about 30 seconds.



4 SERVE OR STASH LUNCH

- **To serve:** Divide **dumplings** and **edamame** between plates and serve with **carrots** and **pineapple**.
- **To stash:** Let dumplings and edamame cool completely. Refrigerate dumplings, edamame, carrots, and pineapple in separate containers and pack as desired.



5 START SNACK

- Halve, core, and thinly slice **apples**. **TIP:** If you have a lemon on hand, toss sliced apples with 1 TBSP lemon juice to prevent apples from browning!
- Place **peanut butter**, **honey**, **half the chocolate chips**, and **1 TBSP butter** (2 TBSP for 6 servings) in a medium microwave-safe bowl; cover with plastic wrap. Microwave until peanut butter is softened and chocolate chips are melted, 30-45 seconds. Add a **pinch of salt**. Whisk until smooth and combined.
- In a small bowl, combine **yogurt** and **1 tsp water** (1 1/2 tsp for 6).



6 FINISH SNACK

- Fan out **apple slices** on a large parchment-lined plate (it's OK if they overlap!). Drizzle with as much **peanut butter chocolate sauce** and **yogurt** as you like. (TIP: It's normal for the chocolate sauce to harden slightly as it cools.) Sprinkle **remaining chocolate chips** over top.
- **Storage suggestion:** Wrap plate with **apple "nachos"** tightly with plastic wrap. Refrigerate until ready to serve!

*Chicken Dumplings are fully cooked when internal temperature reaches 165°.