



More than Food

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## Seth's Asian Pork Dumplings

with Quick-Pickled Veggie Salad and Soy Dipping Sauce

Who knew it was so easy to make this take-out classic at home? With the help of versatile wonton wrappers, these juicy dumplings are a breeze. Served with a crunchy salad for contrast, this take-out makeover won't weigh you down.



45 min



level 3



nut free



dairy free



Ground Pork



Wonton Wrappers



Ginger



Garlic



Scallions



Soy Sauce



White Wine Vinegar



Cucumber



Carrot



Green Cabbage, shredded

## Ingredients

	2 People	4 People
Ground Pork	8 oz	16 oz
Wonton Wrappers	1) 2)	2 packs
Ginger	1 thumb	2 thumbs
Garlic	2 cloves	4 cloves
Scallions	2	4
Soy Sauce	3)	2 ½ T
White Wine Vinegar	2 T	4 T
Cucumber	1	2
Carrot	1	2
Green Cabbage, shredded	4 oz	8 oz
Sugar*	1 T + 1 t	2 T + 2 t
Vegetable Oil*	2 T	4 T

\*Not Included

## Allergens

1) Wheat

2) Eggs

3) Soy

## Tools

Large Pan, Large Bowl, Medium Bowl, 2 Small Bowls, Peeler

Ruler

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**Nutrition per person** Calories: 705 cal | Carbs: 63 g | Fat: 38 g | Protein: 27 g | Fiber: 5 g | Sodium: 1232 mg

Make sure to wash and dry produce before prepping or cooking!



1

**1** Peel the **cucumber** and the **carrot**. Using a vegetable peeler, shave the **carrot** and **cucumber** into ribbons lengthwise. Discard the inner cores. Peel and mince the **ginger**. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the greens and whites separate.



2

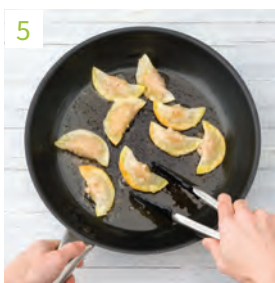
**2** Make the **quick-pickled veggie salad**: In a large bowl, combine the **cabbage, cucumber, carrot, vinegar, 1 teaspoon sugar**, and a large pinch of **salt**. Set aside to marinate. The longer it sits, the better!



4

**3** Make the **dumpling filling**: In a medium bowl, combine the **pork, ginger, garlic, scallion whites**, and **1 teaspoon soy sauce** (we are sending more). Season with **salt** and **pepper**.

**4** **Assemble the dumplings**: Fill a small bowl with water and keep it to the side. Place a **wonton wrapper** on a dry and clean surface and fill it with a **teaspoonful of dumpling filling**. With your fingertips, moisten the edges of one half of the wrapper, fold over the other half, and press to seal. Set aside under a damp towel and repeat.



5

**5** **Cook the dumplings**: Heat a thin layer of **oil** in a large pan over medium-high heat. Working in batches, cook the **dumplings** for about 1 minute per side, until golden brown. Set aside and repeat. Once all the dumplings are seared, return them to the pan. Reduce the heat to low and carefully pour **¼ cup water** into the pan. Cover and cook gently for 8-10 minutes. Uncover and cook over medium-high heat for 2 more minutes, until the water evaporates.

**6** Make the **dipping sauce**: While the **dumplings** cook, in a small bowl combine the remaining **soy sauce** with **1 Tablespoon sugar** and the **scallion greens**.

**7** Serve the **dumplings** with the **quick-pickled veggie salad** and the **dipping sauce**. Enjoy!