



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!