

# Hungry Planet Gyoza™ Stir Fry

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		4	11.90 oz

## 1 STIR FRY

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	2 tbsp	0 lb 0.96 oz	Heat oil over high heat. Add vegetables and stir-fry for 2-4 minutes.
Stir fry vegetable blend	8 cup	1 lb 12.00 oz	
<i>Fresh or frozen</i>			

Name of ingredient	Capacity measure	EP	Methods
2 Trader Joe's Gyoza Dipping	1/2 cup	0 lb 4.65 oz	Add dipping sauce and stir. After 2 minutes, move vegetables to side of pan.

Name of ingredient	Capacity measure	EP	Methods
3 Hungry Planet Gyoza™	20.0 ea	0 lb 14.00 oz	Arrange the Hungry Planet Gyoza in pan. Add 1/4 cup water and cover to let steam. After 3 minutes, remove lid and stir vegetables and gyoza together. Serve hot.

RECIPE IMAGES



ALLERGENS

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