

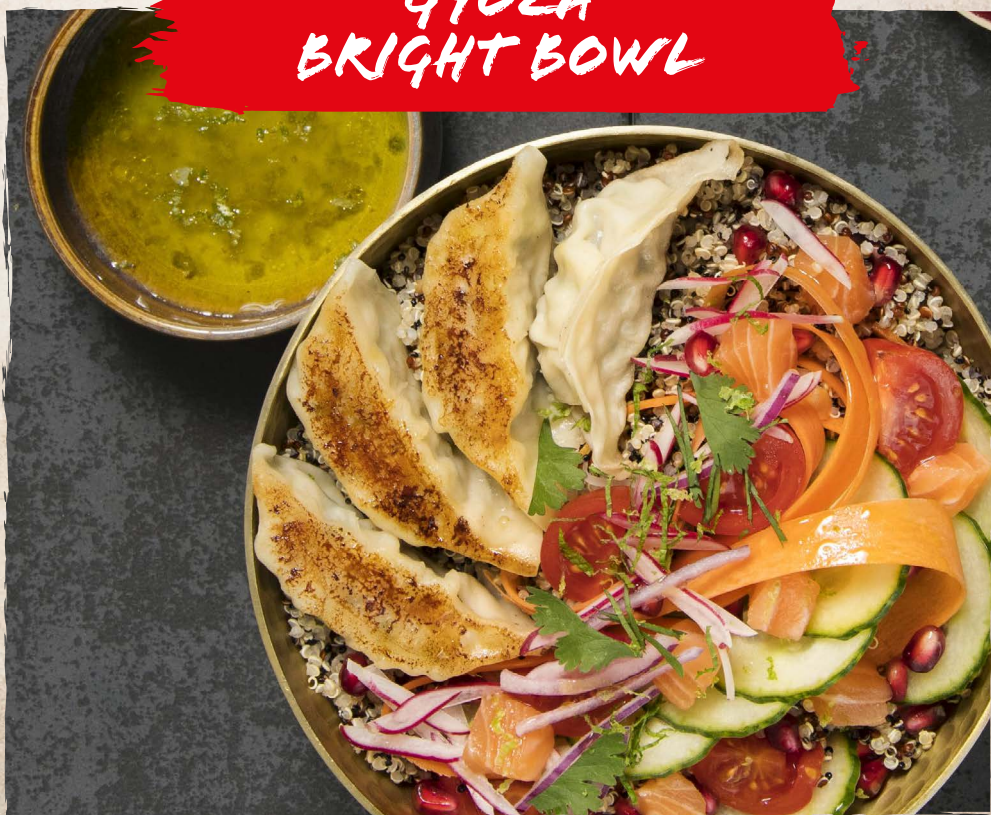
Eat Well, Live Well.



# CHICKEN & VEGETABLE Gyoza

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## GYOZA BRIGHT BOWL





Eat Well, Live Well.



AJINOMOTO



PREPARATION  
ADVICE

## GYOZA BRIGHT BOWL



### RECIPE FOR 1 PORTION

#### INGREDIENTS

- 4 **Chicken & Vegetable Gyoza**
- 30 g black quinoa
- 30 g white quinoa
- 50 g sand carrots
- 25 g cucumber
- 50 g radishes
- 30 g red onions
- 50 g cherry tomatoes
- 45 g pomegranate
- 40 g raw salmon
- 15 cl soy sauce
- 5g coriander for the marinade

#### PREPARATION

1. Cook the quinoa 10 min in boiling salted water, let cool then drain.
2. Peel the carrots and cut them into tagliatelles.
3. Groove the cucumbers, and then cut them into thin slices.
4. Cut radishes into julienne strips and slice the red onions.
5. Cut cherry tomatoes in half and extract pomegranate seeds.
6. Cut salmon into cubes and marinate in soy sauce.
7. Grill the **Gyoza** as indicated in the instructions.
8. Arrange harmoniously, add sauce and sprinkling with chopped mini and coriander.



### SIDE SAUCE FOR 1 PORTION

#### INGREDIENTS

- 20 cl olive oil
- 10 cl lime (zest and juice)
- 5 g wasabi
- 5 g mint

#### PREPARATION

Blend the ingredients (olive oil, lime juice and wasabi) to make the dipping sauce.

If you have any enquiries or wish to receive our newsletter, you can write to us via the contact form on our website or using the following email address: [contact\\_pro@afe.ajinomoto.com](mailto:contact_pro@afe.ajinomoto.com)

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