



Recipe developed by: Yuki Ohki (Gyoza no Ippo)

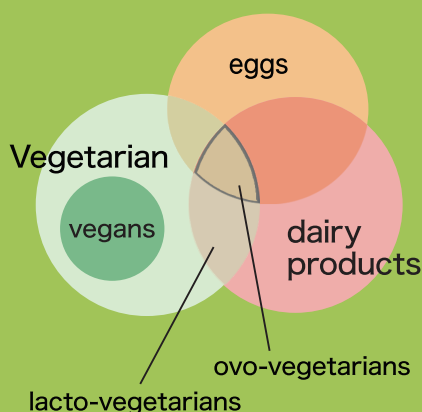
Recipe

Vegetarian Gyoza

What is a Vegetarian?

A vegetarian is someone who avoids animal-based foods in their diet. There are different types, such as lacto-vegetarians who consume dairy products and ovo-vegetarians who eat eggs.

Among them, vegans follow a strict plant-based diet and do not consume meat, fish, eggs, dairy products, or honey. They also avoid animal-derived materials in clothing and everyday products. Being a vegetarian refers to diet, whereas being a vegan represents an entire lifestyle.



Lower in
calorie
than meat
gyoza



Ingredients

All ingredients are produced in Miyagi Prefecture.

Soy Meat	800 g	Minced Garlic	120 g
Sake Lees	100 g	Minced Ginger	50 g
Cabbage	300 g	Oyster Sauce※1	100 g
Chinese Cabbage	300 g	Soy Sauce※2	50 g
Chives	200 g	Sesame Oil	40 g
Onion	250 g	Black Pepper	5 g
Shiitake Mushroom	200 g	Japanese Sansho Pepper	3 g

※1 Using Wan Ja Shan Vegan Oyster Sauce

※2 Using Kikkoman Halal Soy Sauce