



Veggie Gyoza & Sticky Sriracha Noodles

with Asian Greens & Crispy Shallots

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Celery



Carrot



Udon Noodles



Vegetable Gyozas



Asian Stir-Fry Sauce



Sriracha



Crispy Shallots



Chicken Breast

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Plant Based[^]

Calorie Smart[^]
[^]Custom recipe is not Plant Based or Calorie Smart

Eat Me Early*
**Custom Recipe only*

Put down that phone and throw out the takeaway menu because you won't be needing them anymore! We've got a plant-based wonder ready to go tonight - all you have to do is pop the gyoza in a pan and serve them atop a bed of Asian greens and sticky, slurpable noodles.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan with a lid

Ingredients

| | 2 People | 4 People |
|----------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| Asian greens | 1 packet | 2 packets |
| celery | 1 stalk | 2 stalks |
| carrot | 1 | 2 |
| udon noodles | 1 packet | 2 packets |
| vegetable gyozas | 1 packet | 2 packets |
| water* | ¼ cup | ½ cup |
| Asian stir-fry sauce | 1 medium packet | 1 large packet |
| sriracha | 1 medium packet | 1 large packet |
| soy sauce* | 1 tsp | 2 tsp |
| sesame oil* | 1 tsp | 2 tsp |
| crispy shallots | 1 medium packet | 1 large packet |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2645kJ (632Cal) | 493kJ (118Cal) |
| Protein (g) | 31.2g | 5.8g |
| Fat, total (g) | 14.3g | 2.7g |
| - saturated (g) | 3.7g | 0.7g |
| Carbohydrate (g) | 100.6g | 18.7g |
| - sugars (g) | 21.8g | 4.1g |
| Sodium (mg) | 1775mg | 331mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3341kJ (799Cal) | 479kJ (114Cal) |
| Protein (g) | 66.3g | 9.5g |
| Fat, total (g) | 17.3g | 2.5g |
| - saturated (g) | 4.6g | 0.7g |
| Carbohydrate (g) | 101.5g | 14.6g |
| - sugars (g) | 21.9g | 3.1g |
| Sodium (mg) | 1897mg | 272mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW11



Get prepped

- Boil the kettle. Finely chop **garlic**. Roughly chop **Asian greens**.
- Thinly slice **celery**. Thinly slice **carrot** into half-moons.
- Half-fill a medium saucepan with boiling water. Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Cook the greens

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add **garlic** and **Asian greens** and cook until fragrant, **1-2 minutes**.
- Add the **noodles**, **Asian stir-fry sauce**, **sriracha**, the **soy sauce**, **sesame oil** and a splash of **water**. Stir until slightly thickened, **1-2 minutes**.

Custom Recipe: Before cooking the veggies, heat frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate. Continue with step as above, returning cooked chicken to the frying pan with noodles.



Cook the gyozas

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **vegetable gyozas**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water** (watch out, it may spatter!) and cover with a lid (or foil). Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**. Transfer to a plate.

TIP: Cook gyozas in batches if your pan is getting crowded.



Serve up

- Divide sticky sriracha noodles and veggies between bowls.
- Top with veggie gyozas and garnish with **crispy shallots**. Enjoy!

Rate your recipe

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