



Veggie Gyoza Katsu Curry

with Corn Rice & Pickled Ginger

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Jasmine Rice



Carrot



Green Beans



Vegetable Gyoza



Ginger Paste



Katsu Paste



Coconut Milk



Pickled Ginger



Vegetable Gyoza

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

This plant-based stir-fry might sound involved, but thanks to our ready-to-cook veggie gyoza, it comes together with minimal hands-on time. Amp up the Asian-style flavours with zingy ginger and an easy katsu curry sauce.

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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 with a lid (or foil) · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
pickled ginger	1 packet	2 packets
vegetable gyoza**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3692kJ (882Cal)	686kJ (164Cal)
Protein (g)	17.9g	3.3g
Fat, total (g)	34.2g	6.4g
- saturated (g)	17.9g	3.3g
Carbohydrate (g)	122.1g	22.7g
- sugars (g)	18.1g	3.4g
Sodium (mg)	1301mg	242mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (852Cal)	617kJ (147Cal)
Protein (g)	22g	3.8g
Fat, total (g)	39.6g	6.9g
- saturated (g)	18g	3.1g
Carbohydrate (g)	102.7g	17.8g
- sugars (g)	25.4g	4.4g
Sodium (mg)	1763mg	305mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



Cook the rice

1. Finely chop **garlic**. Drain **sweetcorn**.
2. In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook **corn** and half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
4. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the gyoza

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. When oil is hot, add **vegetable gyoza**, flat-side down, in a single layer. Cook until gyoza base is starting to brown, **1-2 minutes**.
3. Add the **water (for the gyoza)** and cover with a lid or foil.
4. Cook until water has evaporated and gyoza are tender and softened, **4-5 minutes**.
5. Transfer to a plate and cover to keep warm.

TIP: Watch out! The water may spatter!

Custom Recipe: If you've doubled your vegetable gyoza, cook gyoza in batches for the best results.



Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons.
2. Trim and halve **green beans**.



Make the curry sauce

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. Cook **ginger paste** until fragrant, **1 minute**.
3. Stir in **katsu paste**, **coconut milk** and the **brown sugar** until slightly thickened, **2-3 minutes**. Remove pan from heat.



Cook the veggies

1. When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
2. Cook **carrot** and **green beans**, stirring, until tender, **4-5 minutes**.
3. Add remaining **garlic** and cook until fragrant, **1 minute**.
4. Transfer to a bowl. Season with **salt** and **pepper** and cover to keep warm.



Serve up

1. Divide corn rice between bowls. Top with veggies and veggie gyoza.
2. Spoon over katsu curry sauce.
3. Garnish with **pickled ginger** to serve. Enjoy!

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