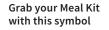


# Veggie Gyoza Katsu Curry with Corn Rice & Pickled Ginger

CLIMATE SUPERSTAR











Jasmine Rice



Carrot



Green Beans

Vegetable Gyoza





**Ginger Paste** 



Coconut Milk



Pickled Ginger





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.



## 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

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	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)	1/4 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
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<sup>\*</sup>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

- Finely chop garlic. Drain sweetcorn.
- 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.
- 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.
- 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

- Return frying pan to medium-high heat with a drizzle of olive oil.
- 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.
- Add the water (for the gyoza) and cover with a lid or foil.
- Cook until water has evaporated and gyoza are tender and softened, 4-5 minutes.
- 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

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



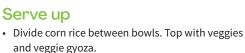
# Cook the veggies

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



## Make the curry sauce

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



- · Spoon over katsu curry sauce.
- · Garnish with pickled ginger to serve. Enjoy!



#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate