

Veggie Gyoza & Golden Coconut Curry with Corn Rice & Pickled Ginger

MEAT-FREE MARVELS

CLIMATE SUPERSTAR









Corn Kernels

Carrot

Green Beans





Vegetable Gyoza

Garlic Paste



Katsu Paste

Coconut Milk



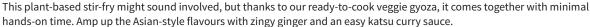


Pickled Ginger





Plant Based





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 with a lid (or foil)

Inaredients

3.		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
corn kernels	1 small tin	2 small tins
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
garlic paste	1 packet	2 packets
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)	3624kJ (866Cal)	726kJ (174Cal)
Protein (g)	17.6g	3.5g
Fat, total (g)	33.7g	6.8g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	119.6g	24g
- sugars (g)	15.9g	3.2g
Sodium (mg)	1289mg	258mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4685kJ (1120Cal)	751kJ (179Cal)
Protein (g)	24g	3.8g
Fat, total (g)	41.2g	6.6g
- saturated (g)	18.9g	3g
Carbohydrate (g)	159.8g	25.6g
- sugars (g)	20.5g	3.3g
Sodium (mg)	1700mg	272mg

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 corn kernels.
- 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.

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, 4-6 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.



Serve up

- · Divide corn rice between bowls. Top with veggies and veggie gyoza.
- Spoon over golden coconut curry sauce.
- Garnish with **pickled ginger** (if using) to serve. Enjoy!



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